



A Course In Miracles

POINTS
of
PRACTICE

by J. Merton

IV

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of
Practice

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Preface

This is a portable guide for use by anyone who is seriously applying the ethical principles promoted by *A Course In Miracles*.

The extracts presented here are practice guidelines, rather than theoretical discussion. Basically speaking, they are the directives the *Course* provides on *doing*.

Comments regarding Initial Considerations open the guide.

The first section presents a set of extracts from the *Text* and *Lessons* regarding actual approaches to applying the principles that the *Course* promotes.

The second section collects the questions asked by the *Course*. The student will find considerable value in contemplating and journal work regarding these questions.

The final section consists of a discussion covering various aspects of the ancient basis of the *Course*.

The practice of *A Course In Miracles* is not about the Text, Lessons or Manual. The practice is about deep ethics and awakening and learning to see and the end of suffering, and not about anything else.

Those souls, who are merely reading and talking about the *Course*, and not working the lessons, could still make use of this guide. You must understand that with such a superficial approach you will never achieve Clear Eyes or a Body Full of Light. (Matt. 6:22) The Last Step will not occur.

The emphasis here is simple and clear:
The *Course* don't work unless you *work* it.

May all seekers become workers!!!

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The Most Important Meaning

The *Course* equates meaning with purpose. If a thing or a concept has a purpose, this must also be its meaning.

The purpose of the *Course* is to spend a year in preparation for an event referred to as the "Final Step," which God promises "to take himself." This, therefore, is the meaning of the *Course*, and the lessons themselves have not any other initial or final meaning. The salvation of others, any other purposes, even your own ultimate function, are secondary until the Final Step is achieved.

Manic monologues mulling metaphysical minutiae have no place in the *Text*, *Workbook* or *Manual*. Writing an analysis of the Lessons, obviously being a single individual's point of view, is of value strictly to the writer.

Only the student's own personal analysis is of value to the student. While some secondary material may be of some use to some teachers, it is nothing but an absolute distraction to students. The student should just *work* the Lessons.

The basic points of the *Course* are simple to understand, and only these really need to be understood. The basis of *A Course In Miracles* is, quite literally, that the brain injects misinterpretation into your perception and this fogs the real world, causing you to *not see* things as they actually are.

The brain can be upgraded by numerous methods, including the totally consistent application of a few very basic ideas, such as:

- Rememberance.
- Be kind to all who do not deserve.
- Be peace; never defend.
- Be quiet; don't do, listen.

The only real value to be obtained is from WORKING. Watching documentaries about space travel will not make you into an astronaut.

Details Regarding Practice

*One exception held apart from true
perception makes its accomplishments
anywhere impossible.*

(Intro. to Workbook)

Critical Consideration

This Guide insists that you have full time possession of the *Course In Miracles* printed book or the public domain pdf version. This is *absolutely* essential. Free copies are available on the Internet.

Stated; not always re-emphasized:

When you fail to comply with the requirements of this course, you have merely made a mistake. This calls for correction, and for nothing else. To allow a mistake to continue is to make additional mistakes, based on the first and reinforcing it. It is this process that must be laid aside, for it is but another way in which you would defend illusions against the truth. (Lesson #95)

There are a number of important points that are mentioned in the Lessons that are not necessarily repeated. It is quite easy to overlook these essentials.

The Course absolutely pleads for as much time and attention as possible. Salvation is free; attention must be **paid** (in energy).

Beginning with Lesson #44, explicit directed sitting practice is specified. In **all** of these practices, regardless of any other content, stopping the internal dialogue is essential to progress. This is mentioned in the Course as "ignoring the ego," and similar language.

Finally, because you need reminders: FOCUS IS TANTAMOUNT. You will need to tell yourself this over and over. Quite simply, the principle is "No focus means no salvation."

Focus

Focus is the deliberate application of directed attention. **This is the single most important element of practice.** The success of the student in the *Course* totally depends on the non-stop *focused* application of the ideas.

Without constant non-stop focus the Last Step will *not* occur.

The habit of engaging with God ... is easily made if you actively refuse to let your mind slip away. The problem is not one of concentration; it is the belief that no one, including yourself, is worth consistent effort. ... do not permit this shabby belief to pull you back. The disheartened are useless to themselves... but only the ego can **be** disheartened. (Text Ch. 4 §5)

The *Course* is very strict with wandering thoughts and provides numerous techniques for dealing with this issue.

1. Make no effort to think of anything. Try, instead, to get a sense of turning inward, past all idle thoughts... (L #41)
2. Realize that, whatever forms thoughts may take, they have no meaning and no power. (L # 42-44)
3. If your attention wanders, repeat the idea and add: I will remember this because I want happiness. (L #62)
4. This thought reflects a goal that is preventing me from accepting my only function. (L #65)
5. This thought I do not want. I choose instead [this joyous alternate]. Then repeat the idea ..., and let it take the place of what you thought. (Sixth Rev. Intro.)

Rememberance

This term originates in teachings parallel to the *Course*, and elements of rememberance are found over and over in the lessons. It is a fitting term because the hard part is *remembering* to Be it. In summary, this method consists of being all of the following all of the time and all at the same time:

Purpose
Attention
State Aware
Vigilance
Strength

Blessing
Gratitude
Unity
Delight
Perseverance

Attack Thoughts

The directive to give up attack thoughts is a core concept in the *Course*. Attack thoughts include anger (fear of kindness), contempt (fear of gratitude), and annoyance (hidden fear).

To dissolve these taints, approaches like the following can be very powerful practices:

1. Conflict is the most obvious illusion. Totally eliminate every single conflict *word* from your vocabulary. Don't *tackle* a job, approach it methodically.
2. Remember the Invulnerability of Self. The true-you cannot be harmed in any way.
3. Show gratitude for what you *dislike*. There's Love in it. Contempt is the most subtle of influences and requires the utmost diligence to identify and dissolve.
4. See conflict as the only *problem*; everything else is an issue concealing an illusion which merely requires resolution and dissolution. No whining.

The Infernal Internal (Dialogue)

Do not allow your intent to waver in the face of distracting thoughts. Realize that, whatever form such thoughts may take, they have no meaning and no power. Replace them with your determination to succeed. Do not forget that your will has power over all fantasies and dreams. Trust it to see you thru, and carry you beyond them all. (2nd Lesson Review)

Internal dialogue *makes* your world.

Internal dialogue *feeds* the Veil.

Internal dialogue *hardens* the Prison.

Internal dialogue *is* the Stranger that enslaves.

The internal dialogue will rebel at any attempt to suppress it. It thrives on conflict and so *must be silenced gently*. This requires dedicated perseverance.

Stop the infernal internal over and over and over.

Practice makes better.

As soon as possible, Be silence.

This is not easy, but **must** be done to escape the darkness.

(Lesson #44)

Often inferred, or alluded to, but not always explicitly stated, is the value in *redirecting the attention* to the **hearing**. In addition, unless directed to close the eyes, sitting with half-closed eyes alters brain waves and assists you with attaining the state you seek.

Additions

The *Course* is a unified thought system in which nothing is lacking that is needed. (Lesson #42)

1. **Journaling** - Psychologists, philosophers and mystics alike declare the efficacy of the journal. There is simply no known alternative way for one to escalate the process of the work. There is extensive literature on journaling. Here are some common guidelines:

- Make only brief notes of your reading. Record your questions and statements that you don't understand. Structure the journal as you like: Just. Do. It.
- Paraphrase the concepts as if you are explaining them to someone. Add any related or alternative choice of words as they occur to you. Write. It. Out.
- There is some value in reviewing previous entries. Do not get obsessed with what you have written. You have more important tasks to attend to, such as: Sit. And. Listen.

2. **Pocket timer** - There is great value in using designated stops thru the day. It will be initially impossible for you to remember to do this. Consider resolving your oversights with a pocket timer, or setting a cell phone alarm, as a reminder.

There is no Law but yours. (Lesson #76)

A Course In Miracles - Points of Practice

Specific Practice Points

*This is a special curriculum, ...
a special form of the universal course.*
(Manual §1)

Comments on the Extracts

This section focuses on application. In some cases, this involves a directed way of thinking. In others, points of action are presented. Theurgy, such as described with Lesson #44 is, of course, also included.

These directives are instructions for handling the brain with the ultimate intent of acquiring total gentle control.

The excerpts have been edited for space considerations. Sometimes single words, generally adjectives, are deleted. Just keep in mind that the concepts are generally absolute and that no exceptions are to be allowed. Longer deletions are indicated by ellipsis (...). Excerpts from the same paragraph are grouped together.

The importance of reading and contemplating the entire section of the original material is emphasized; beware of out of context interpretations.

No claim is made that this is an absolutely comprehensive extract of all possible practice points. However, there are likely more than enough details presented to sufficiently follow the thought system presented by the *Course*. Once the psychological currents are firmly established, non-conflict tends to acquire a force of its own and thus gradually becomes more and more automatic.

Some directives of practice are expressed in the form of questions. Since these are extracted in the Questions section, they are not repeated here. Study is required of everyone; the knowledge is usually acquired at least somewhat haphazardly by all who seek.

Also, since you need constant reminders:

Nonstop FOCUS is key!!!
(Text Ch. 4 §5)

Practices from the Text

Introduction

This is a course in miracles. It is a required course. Only the time you take it is voluntary.

This course can be summed up very simply in this way:

Nothing real can be threatened.

Nothing unreal exists.

Herein lies the peace of God.

The *Ur Text* has the following additions:

You will see miracles thru your hands thru me.

You should begin each day with the prayer:

"Help me to perform whatever miracles
you want of me today."

Txt. Ch. 1 §1 - **Principles of Miracles**

A miracle is a (1) **sudden**, (2) **radical**, (3) **change in perception** (4) with **healing qualities**. One's good luck is not a miracle unless it shocks the brain into light.

Following is an abridged version of the Principles with an emphasis on *application*. The original material should be consulted regarding the *functional* aspects.

- God is the giver of life. His voice will direct you very specifically. You will be told all you need to know.
- Miracles are habits, and should be involuntary. Consciously selected miracles can be misguided.
- Purification is necessary first.
- The use of miracles as spectacles to induce belief is a misunderstanding of their purpose.
- Through prayer love is received, and through miracles love is expressed.
- Each day should be devoted to miracles.
- Miracles should inspire gratitude, not awe. You should thank God for what you really are.
- Miracles arise from a miraculous state of mind, or a state of miracle readiness.
- When you return to your original form of communication with God by direct revelation, the need for miracles is over.

Txt Ch. 1 §2 - **Revelation, Time and Miracles**

You are free to believe what you choose, and what you do attests to what you believe.

Awe should be reserved for revelation, to which it is perfectly and correctly applicable. It is not appropriate for miracles because a state of awe is worshipful, implying that one of a lesser order stands before his Creator.

Txt Ch. 1 §3 - **Atonement and Miracles**

Ask me which miracles you should perform. ... A guide does not control but he does direct, leaving it up to you to follow. "Lead us not into temptation" means "Recognize your errors and choose to abandon them by following my guidance."

The right choice is inevitable if you remember this:

Spirit is in a state of grace forever.

Your reality is only spirit.

Therefore you are in a state of grace forever.

You cannot behave appropriately unless you perceive correctly.

Txt Ch. 1 §4 - **The Escape from Darkness**

The escape from darkness involves two stages:

1. The recognition that darkness cannot hide. This entails fear.
2. The recognition that there is nothing you want to hide. This step brings escape from fear.

When you have become willing to hide nothing, you will ... understand peace and joy... The emptiness engendered by fear must be replaced by forgiveness ... Your witnessing demonstrates your belief, and thus strengthens it.

Txt Ch. 1 §5 - **Wholeness and Spirit**

You can wait, delay, paralyze yourself, or reduce your creativity almost to nothing. But you cannot abolish it.

The basic decision of the miracle-minded is not to wait on time any longer than is necessary.

To change your mind means to place it at the disposal of true Authority.

Txt Ch. 1 §6 - **The Illusion of Needs**

You act according to the particular order of needs you establish. A sense of separation from God is the only lack you really need correct.

In sorting out the false from the true, the miracle proceeds along these lines:

Perfect love casts out fear. If fear exists, then there is not perfect love. But: Only perfect love exists. If there is fear, it produces a state that does not exist.

Txt Ch. 1 §7 - **Distortions of Miracle Impulses**

You can use your body best to help you enlarge your perception so you can achieve real vision, of which the physical eye is incapable.

Fantasies of any kind are distortions; they always involve twisting perception... Actions that stem from distortions are literally the reactions of those who know not what they do.

All learning involves attention and study at some level.

Revelation may occasionally reveal the end to you, but to reach it the means are needed.

Txt Ch. 2 §1 - **The Origins of Separation**

The inappropriate use of extension, or projection, occurs when you believe that some emptiness or lack exists in you. This process involves the following steps:

1. You believe that what God created can be changed by your own mind.
2. You believe that what is perfect can be rendered imperfect or lacking.
3. You believe that you can distort the creations of God, including yourself.
4. You believe that you can create yourself, and that the direction of your own creation is up to you.

Txt Ch. 2 §2 - **The Atonement as Defense**

You can do anything I ask... When you are afraid of anything, you are acknowledging its power to hurt you. ... Endowing all thoughts with equal power will inevitably destroy peace.

You can and should deny any belief that error can hurt you.

The Atonement is a total commitment.

Txt Ch. 2 §3 - **The Altar of God**

You can temporize and you are capable of enormous procrastination.

The children of God are entitled to the perfect comfort that comes from perfect trust. Until they achieve this, they waste themselves and their true creative powers on useless attempts to make themselves more comfortable by inappropriate means. But the real means are already provided, and do not involve any effort at all on their part.

Txt Ch. 2 §4 - Healing as Release from Fear

All material means that you accept as remedies for bodily ills are restatements of magic principles. This is the first step in believing that the body makes its own illness. It is a second misstep to try to heal it through non-creative agents.

The last thing that can help the non-rightminded, or the sick, is an increase in fear... A miracle ... must be expressed in a language that the recipient can understand without fear.

Txt Ch. 2 §5 - The Function of the Miracle Worker

Before miracle workers are ready [for] their function in this world, it is essential that they fully understand fear of release.

Magic is the mindless ... use of mind... If you are afraid to use the mind to heal, you should not attempt to do so.... It is safer for you to rely on physical healing devices.

The sole responsibility of the miracle worker is to accept the Atonement for himself.

Txt Ch. 2 §6 - Special Principles of Miracle Workers

1. The miracle abolishes the need for lower-order concerns.
2. A distinction between what is created and made is essential.
3. Never confuse right- and wrong-mindedness.
4. Only right-mindedness corrects in a way that has real effect.
5. Forgiveness is an empty gesture unless it entails correction.
6. Miracle-minded forgiveness ... has no judgment at all.
7. Do this in remembrance is an appeal for cooperation.
8. You can do much on behalf of healing if, in calling for help, you think of it this way: ... I do not worry about what to say or what to do, because he who sent me will direct me.

Txt Ch. 2 §7 - **Fear and Conflict**

Fear ... can be self-controlled.

What you do comes from what you think.

The correction of fear is your responsibility... You should ask for help in the conditions that have brought the fear about... You are much too tolerant of mind wandering.

Fear is a sign of strain, arising when what you want conflicts with what you do. The corrective ... steps may be summarized:

- Know first that this is fear.
- Fear arises from lack of love.
- The only remedy for lack of love is perfect love.
- Perfect love is the Atonement.

Txt Ch. 2 §8 - **Cause and Effect**

By choosing the miracle you have rejected fear, if only temporarily.

To concentrate on error is only a further error. The corrective procedure is to recognize that there is a problem, but only as an indication that immediate correction is needed.

Txt Ch. 2 §9 - **The Meaning of the Last Judgment**

One of the ways in which you can correct the magic-miracle confusion is to remember that you did not create yourself. You are apt to forget this when you become egocentric.

The first step toward freedom involves a sorting out of the false from the true...

Txt Ch. 3 §1 - **Atonement without Sacrifice**

The best defense ... is not to attack another's position, but rather to protect the truth. It is unwise to accept any concept if you have to invert a whole frame of reference in order to justify it.

Good teachers never terrorize their students. To terrorize is to attack, and this results in rejection of what the teacher offers.

A pure mind ... does not confuse destruction with innocence; it associates innocence with strength.

Txt Ch. 3 §2 - **Miracles as True Perception**

It is impossible to conceive of light / darkness or everything / nothing as joint possibilities... Your thinking will be erratic until a commitment ... is made.

Innocence is not a partial attribute. It is not real until it is total. It is not until innocence becomes a viewpoint with universal application that it becomes wisdom.

When you lack confidence in what someone will do, you are attesting to your belief that he is not in his right mind.

The way to correct distortions is to withdraw your faith in them and invest it only in what is true.

Txt Ch. 3 §3 - **Perception versus Knowledge**

You can see in many ways because perception involves interpretation, and this means that it is not whole or consistent.

The questioning mind perceives itself in time, and therefore looks for future answers. The closed mind believes the future and the present will be the same... Fear inhibits the tendency to question at all.

If you attack error in another, you will hurt yourself.

Txt Ch. 3 §4 - **Error and Ego**

The abilities you now possess are only shadows of your real strength. All of your present functions are divided and open to question and doubt.

The ego is ... capable of asking questions but not of perceiving meaningful answers, because these would involve knowledge and cannot be perceived.

You can be right-minded or wrong-minded, and even this is subject to degrees, demonstrating knowledge is not involved.

Txt Ch. 3 §5 - **Beyond Perception**

The abilities you [believe that you] possess are only shadows of your real strength.

Inventiveness is wasted effort even in its most ingenious form...

The fundamental question you continually ask yourself cannot properly be directed to yourself at all. You keep asking what it is you are.

Prayer is a way of asking for something. ... But the only meaningful prayer is for forgiveness.

Txt Ch. 3 §6 - **Judgment and the Authority Problem**

The choice to judge rather than to know is the cause of the loss of peace... You are placing your belief in the unreal... it implies the belief that reality is yours to select from.

You are very fearful of everything you perceive but have refused to accept. You believe that, because you have refused to accept it, you have lost control over it.

Your words should reflect only mercy, because that is what you have received and that is what you should give.

Txt Ch. 3 §7 - Creating versus the Self-Image

It is a mistake to believe that a thought system based on lies is weak.

You cannot resolve the authority problem by depreciating the power of your mind. To do so is to deceive yourself, and this will hurt you.

You can perceive yourself as self-creating, but you cannot do more than believe it... The belief that you can is the foundation stone in your thought system, and all your defenses are used to attack ideas that might bring it to light. You still believe you are an image of your own making.

Txt Ch. 4 §1 - The Illusions of the Ego

You should go with a brother twice as far as he asks... You [should not] set him back on his journey.

You can speak from the spirit or from the ego, as you choose... Do not embark on useless journeys, because they are in vain.

The journey to the cross should be the last useless journey. Do not dwell upon it, but dismiss it as accomplished.

Txt Ch. 4 §2 - Right Teaching and Right Learning

A good teacher clarifies his own ideas and strengthens them by teaching them... A good teacher must believe in the ideas he teaches, but he must [also] believe in the students.

Every good teacher hopes to give his students so much of his own learning that they will one day no longer need him. This is the one true goal of the teacher.

God gave you a very lofty function that you are not meeting. Your ego has chosen to be afraid instead of meeting it.

Txt Ch. 4 §3 - **Ego and False Autonomy**

It is reasonable to ask how the mind could ever have made the ego. In fact, it is the best question you could ask.

The question is not how you respond to the ego, but what you believe you are.

Right-mindedness leads to the next step automatically.

You may ask how this is possible as long as you appear to be living in this world. That is a reasonable question. You must be careful, however, that you really understand it.

Txt Ch. 4 §4 - **Love without Conflict**

This is ... a declaration of independence.

The kingdom is perfectly united and perfectly protected,
and the ego will not prevail against it. Amen.

Let us ask the Father in my name to keep you mindful.

Watch carefully and see what it is you are really asking for. Be very honest with yourself in this.

Consider how much vigilance you have been willing to exert to protect your ego, and how little to protect your right mind.

Txt Ch. 4 §5 - **This Need Not Be**

If you cannot hear the voice for God, it is because you do not choose to listen.

When you are sad, know this need not be... Remember that you are deprived of nothing except by your own decisions, and then decide otherwise.

When you are anxious, realize that anxiety comes from the capriciousness of the ego, and know this need not be. You can be as vigilant against the ego's dictates as for them.

(Continued on next page.)

This Need Not Be (con't)

When you feel guilty, remember that the ego has indeed violated the laws of God, but you have not.

Watch your mind for the temptations of the ego, and do not be deceived by it.

The habit of engaging with God and creation is easily made if you actively refuse to let your mind slip away.

Watch your mind carefully for any beliefs that hinder its accomplishment, and step away from them. Judge how well you have done this by your own feelings, for this is the one right use of judgment.

Txt Ch. 4 §6 - **The Ego-Body Illusion**

This is the question that must be asked: "Where can I go for protection?" "Seek and ye shall find" does not mean that you should seek blindly and desperately for something you would not recognize. Meaningful seeking is consciously undertaken, consciously organized and directed. The goal must be formulated clearly and kept in mind.

Txt Ch. 4 §7 - **The Rewards of God**

In learning to escape from illusions, your debt to your brother is something you must never forget.

Turn more and more often to me instead of to your ego for guidance. The results will convince you increasingly that this choice is the only sane one you can make.

You cannot escape from the ego by humbling it or controlling it or punishing it.

As you come closer to a brother you approach me, and as you withdraw from him I become distant to you.

Txt Ch. 4 §8 - **Creation and Communication**

Existence, as well as being, rests on communication... To the extent you permit this state to be curtailed you are limiting your sense of your own reality... Do not desecrate it or recoil from it.

The Bible states that you should praise God. This hardly means that you should tell him how wonderful he is. He has no ego with which to accept such praise.

God is praised whenever any mind learns to be wholly helpful.

Txt Ch. 5 §1 - **Healing and Wholeness**

Those who attempt to heal without being wholly joyous themselves call forth different kinds of responses at the same time, and thus deprive others of the joy of responding wholeheartedly.

You are being blessed by every beneficent thought of any of your brothers anywhere. You should want to bless them in return, out of gratitude... It is impossible for a child of God to love his neighbor except as himself. That is why the healer's prayer is:

Let me know this brother as I know myself.

Txt Ch. 5 §2 - **The Invitation to the Holy Spirit**

If you do not choose to be wholly joyous, your mind cannot have what it does not choose to be. Remember that spirit knows no difference between having and being.

If you can accept the concept that the world is one of ideas, the whole belief in the false association the ego makes between giving and losing is gone.

Let us start ... with just a few simple concepts:

Thoughts increase by being given away.

The more who believe in them the stronger they become.

Everything is an idea.

Txt Ch. 5 §3 - **The Voice for God**

You must choose to hear one of two voices within you. One you made yourself and that one is not of God. But the other is given you by God, Who asks you only to listen to it.

It is possible even in this world to hear only that voice and no other. It takes effort and great willingness to learn.

Hear only thru the Holy Spirit within you, and teach your brothers to listen as I am teaching you.

When you are tempted by the wrong voice, call on me to remind you how to heal by sharing my decision and making it stronger.

Txt Ch. 5 §4 - **The Guide to Salvation**

The way to recognize your brother is by recognizing the Holy Spirit in him.

The voice of the Holy Spirit is weak in you. That is why you must share It. It must be increased in strength before you can hear It.

Txt Ch. 5 §5 - **Teaching and Healing**

You cannot be hurt, and do not want to show your brother anything except your wholeness. Show him that he cannot hurt you and hold nothing against him, or you hold it against yourself.

Teaching is done in many ways, above all by example. Teaching should be healing, because it is the sharing of ideas and the recognition that to share ideas is to strengthen them.

You must learn to see [your brothers] as they are, and understand they belong to God as you do.

Txt Ch. 5 §6 - **The Ego's Use of Guilt**

If you identify with the ego, you must perceive yourself as guilty. Whenever you respond to your ego you will experience guilt, and you will fear punishment.

Whatever you accept into your mind has reality for you. It is your acceptance of it that makes it real... you must learn to think with God... as soon as you regard sin as a lack, you will attempt to remedy the situation. And you will succeed. The ego regards this as doom, but you must learn to regard it as freedom.

The continuing decision to remain separated is the only possible reason for continuing guilt feelings... Any decision of the mind will affect both behavior and experience.

Txt Ch. 5 §7 - **Time and Eternity**

Guilt feelings are the preservers of time... It gives the ego a false sense of security by believing that you cannot escape from it. But you can and must.

The ego's decisions are always wrong; they are based on the error they were made to uphold.

What you consider worth cultivating you will cultivate in yourself.

Your patience with your brother is your patience with yourself.

Only infinite patience produces immediate effects.

Txt Ch. 5 §8 - **The Decision for God**

Unless the healer heals himself, he cannot believe that there is no order of difficulty in miracles.

Return your thinking to the point at which the error was made:

I have decided wrongly, because I am not at peace.

I made the decision myself, but I can also decide otherwise.

I want to decide otherwise, because I want to be at peace.

Txt Ch. 6 §1 - The Lessons of Love

Anger always involves projection of separation, which must ultimately be accepted as one's own responsibility, rather than being blamed on others... The way to undo an insane conclusion is to consider the sanity of the premises on which it rests.

Everyone teaches, and teaches all the time. This is a responsibility you inevitably assume the moment you accept any premise at all... Once you have developed a thought system of any kind, you live by it and teach it.

Txt Ch. 6 §2 - The Message of the Crucifixion

You have probably reacted for years as if you were being crucified. This is a marked tendency of the separated... Projection means anger, anger fosters assault, and assault promotes fear.

As you teach so shall you learn. If you react as if you are persecuted, you are teaching persecution.

When you hear only one Voice you are never called on to sacrifice. On the contrary, by being able to hear the Holy Spirit in others you can learn from their experiences.

Teach only love, for that is what you are.

Txt Ch. 6 §3 - The Alternative to Projection

Any split in mind must involve a rejection of part of it, and this is the belief in separation... Exclusion and separation are synonymous, as are separation and dissociation.

Every ability of the ego has a better use, because its abilities are directed by the mind, which has a better Voice.

The Holy Spirit was given you with perfect impartiality, and only by recognizing Him impartially can you recognize Him at all... your part is only to allow no darkness to abide in your own mind.

Txt Ch. 6 §4 - **The Relinquishment of Attack**

What you teach you strengthen in yourself because you are sharing it. Every lesson you teach you are learning.

You must teach only one lesson. If you are to be conflict-free yourself, you must learn only from the Holy Spirit and teach only by Him.

Teach only love, for that is what you are... do not forget that what you teach is teaching you.

Txt Ch. 6 §5 - **The Only Answer**

When you put yourself in an impossible situation you believe that the impossible is possible.

Abilities must be developed before you can use them... In an impossible situation, you can develop your abilities to the point where they can get you out of it. You have a Guide to how to develop them, but you have no commander except yourself. You have a model to follow who will strengthen your command, and never detract from it in any way.

Txt Ch. 6 §6 - **The Lessons of the Holy Spirit**

You ... taught yourself wrongly, having believed what was not true. You did not believe in your own perfection.

A wise teacher teaches through approach, not avoidance. He does not emphasize what you must avoid to escape from harm, but what you need to learn to have joy. Consider the fear and confusion a child would experience if he were told, "Do not do this because it will hurt you and make you unsafe; but if you do that instead, you will escape from harm and be safe, and then you will not be afraid. "It is surely better to use only three words: "Do only that!" This simple statement is perfectly clear, easily understood and very easily remembered.

Txt Ch. 6 §7 - **To Have, Give All to All**

To be of one mind is meaningful, but to be one body is meaningless.

There is no order of difficulty in miracles. This ... has not yet become believable [to you]. Therefore, you do not understand it and cannot use it... You cannot perform miracles without believing it, because it is a belief in perfect equality... There must be no range in what you offer to your brother.

To have, give all to all.

This is a very preliminary step, and the only one you must take for yourself. It is not even necessary that you complete the step yourself, but it is necessary that you turn in that direction.

Txt Ch. 6 §8 - **To Have Peace, Teach Peace**

What you teach you are, but it is quite apparent that you can teach wrongly, and can therefore teach yourself wrong.

All good teachers realize that only fundamental change will last, but they do not begin at that level. ... Increasing motivation for change ... is all that a teacher need do to guarantee change.

The **first** step in the reversal or undoing process is the undoing of the *getting* concept.

To have peace, teach peace to learn it.

The **second** step is a positive affirmation of what you want.

Txt Ch. 6 §9 - **Be Vigilant Only for God ...**

Teach without judgment, and therefore to learn to be without judgment. The undoing is necessary only in your mind, so that you will not project instead of extend.

Be vigilant only for God and His Kingdom.

This is a [**third**] major step toward fundamental change.

Txt Ch. 7 §1 - **The Last Step**

As God's creative thought proceeds from him to you, so must your creative thought proceed from you to your creations.

You have the power to add to the Kingdom... You claim this power when you become vigilant only for God and his Kingdom.

God does not limit his gifts in any way. You are his gifts, and so your gifts must be like his. Your gifts to the Kingdom must be like his gifts to you.

Txt Ch. 7 §2 - **The Law of the Kingdom**

If you see [your brother as sick], you are seeing him as if he were absent from the Kingdom or separated from it, thus making the Kingdom itself obscure to both of you.

What you project you believe. This is [the Kingdom's] teaching form, because outside the Kingdom learning is essential. This form implies that you will learn what you are from what you have projected onto others, and therefore believe they are.

You will not understand [Holy Spirit's] translations while you listen to two ways of interpreting them... you must forget or relinquish one to understand the other. so that ... you can finally be consistent.

Txt Ch. 7 §3 - **The Reality of the Kingdom**

all power is yours. Its application does not matter. It is always maximal. Your vigilance does not establish it as yours, but it does enable you to use it always and in all ways... you are the way, the truth and the life.

You can see yourself as separated from your meaning only by experiencing yourself as unreal... you are always teaching. You must, therefore, be teaching something.

To be [with God] ... is merely to FOCUS full attention.

Txt Ch. 7 §4 - Healing as the Recognition of Truth

Truth can only be recognized and need only be recognized.

The Holy Spirit must work through you to teach he is in you... When you heal, you are remembering laws of God and forgetting laws of the ego... Properly perceived, it can be used as a way out of conflict, as all proper perception can.

Use what ego has made, to teach the opposite of what ego has "learned".

All abilities should therefore be given over to the Holy Spirit, Who understands how to use them properly.

Healing is a way of forgetting the sense of danger ego has induced in you, by not recognizing its existence in your brother... By your awakening to it, you are merely forgetting what you are not. This enables you to remember what you are.

Txt Ch. 7 §5 - Healing and Changelessness of Mind

The unhealed healer does not understand his own vocation.

Behavior is not the level for teaching or learning; you can act in accordance with what you do not believe... If you teach sickness and healing, you are both a poor teacher and a poor learner.

See only [one] Mind everywhere, because only this is everywhere and in everything.

Txt Ch. 7 §6 - From Vigilance to Peace

The mind that accepts attack cannot love... Your ability to direct your thinking as you choose is part of its power.

No one who has everything wants the ego. Its own maker, then, does not want it. Rejection is therefore the only decision the ego could possibly encounter, if the mind that made it knew itself.

If you will keep in mind what the Holy Spirit offers you, you cannot be vigilant for anything but God and his kingdom.

Txt Ch. 7 §7 - **The Totality of the Kingdom**

Denying any part of [reality] means you have lost the awareness of all of it.

When a brother acts insanely, he is offering you an opportunity to bless him... You need the blessing... There is no way for you to have it except by giving it.

Teach no one that he is what you would not want to be.

You are unaware of your gift because you do not give it.

[Use] patience to translate attack into blessing.

Txt Ch. 7 §8 - **The Unbelievable Belief**

Without extension there can be no love... To the ego it is the law of deprivation. It therefore produces abundance or scarcity, depending on how you choose to apply it.

The ego's use of projection and anger can be finally undone.

Conflict cannot be projected because it cannot be shared.

You cannot get rid of something you do not want by giving it away. Giving it is how you keep it.

You cannot perpetuate an illusion about another without perpetuating it about yourself.

Do not be afraid of the ego.

Txt Ch. 7 §9 - **The Extension of the Kingdom**

Do not withhold your gifts to the Sonship, or you withhold yourself from God!

Being must be extended.

Be confident that you have never lost your Identity and the extensions which maintain it in wholeness and peace... By including any part of totality in the lesson, you have included the whole.

Txt Ch. 7 §10 - The Confusion of Pain and Joy

The ability to see a logical outcome depends on the willingness to see it.

You no more recognize what is painful than you know what is joyful, and are, in fact, very apt to confuse the two... Obey the Holy Spirit, and you will be giving up the ego.

The only way out of error is to decide that you do not have to decide anything.

Txt Ch. 7 §11 - The State of Grace

By demonstrating to yourself there is no order of difficulty in miracles, you will convince yourself that, in your natural state, there is no difficulty at all because it is a state of grace.

Consider the kingdom you have made and judge its worth fairly.

Teach the Kingdom to the Kingdom. There are no exceptions to this lesson, because the lack of exceptions is the lesson.

Heal a brother by recognizing his worth ... acknowledge his power to create and yours.

Being is known by sharing.

Txt Ch. 8 §1 - The Direction of the Curriculum

Peace is the motivation for learning this course... Knowledge can be restored only when you meet its conditions.

The distractions of the ego may seem to interfere with your learning, but the ego has no power to distract you unless you give it the power to do so.

Those whom you perceive as opponents are part of your peace, which you are giving up by attacking them.

The first change to be introduced is a change in direction.

Txt Ch. 8 §2 - **Imprisonment and Freedom**

Your will is in your nature, and you cannot go against it.

The Holy Spirit leads you steadily along the path of freedom, teaching you how to disregard or look beyond everything that would hold you back.

[Holy Spirit's] appeal is merely to what the Kingdom is, and for its own acknowledgment of what it is. When you acknowledge this you bring the acknowledgment automatically to everyone, because you have acknowledged everyone. By your recognition you awaken theirs, and through theirs yours is extended.

Txt Ch. 8 §3 - **The Holy Encounter**

Ask for light and learn that you are light. If you want understanding and enlightenment you will learn it.

When you meet anyone, remember it is a holy encounter. As you see him you will see yourself. As you treat him you will treat yourself... Do not leave anyone without giving salvation to him and receiving it yourself.

To achieve the goal of the curriculum, then, you cannot listen to the ego.

Txt Ch. 8 §4 - **The Gift of Freedom**

Unless you experience only [complete peace and joy] you must be refusing to acknowledge his will.

You must accept guidance from within. The guidance must be what you want, or it will be meaningless to you.

In my remembrance of you lies your remembrance of yourself.

Freedom is the only gift you can offer.

Whom you seek to imprison you do not love.

When you imprison yourself you are losing sight of your true identification.

Txt Ch. 8 §5 - The Undivided Will of the Sonship

Dissociation is not a solution; it is a delusion... Help them by offering them your unified mind on their behalf.

To heal is to unite with those who are like you.

On this journey you have chosen me as your companion instead of the ego. Do not hold on to both or you will try to go in different directions and will lose the way.

Leave all illusions behind, and reach beyond all attempts of the ego to hold you back.

Txt Ch. 8 §6 - The Treasure of God

Let us glorify him whom the world denies, for over his Kingdom the world has no power.

Your function is to add to God's treasure by creating yours.

Our function is to work together.

It is a journey without distance to a goal that has never changed.

Free the holy will of all those who are as blessed as you are.

Txt Ch. 8 §7 - Body as a Means of Communication

When attack in any form enters your mind you are equating yourself with a body.

Use [the body] for truth and you will see it truly. Misuse it and you will misunderstand it.

When you look upon a brother as a physical entity, his power and glory are "lost" to you and so are yours... Do not see him this way.

By reaching out, the mind extends itself.

Do not allow yourself to suffer from imagined results of what is not true.

Txt Ch. 8 §8 - **The Body as Means or End**

Attitudes toward the body are attitudes toward attack.

Notice a characteristic of every end that the ego has accepted as its own. When you have achieved it, it has not satisfied you.

Attack underlies sickness. If you recognized this and decide against attack, you will not give this false witness to ego's stand.

What you want distorts perception. No one can doubt the ego's skill in building up false cases.

Do not allow the body to be a mirror of a split mind. Do not let it be an image of your own perception of littleness.

Txt Ch. 8 §9 - **Healing as Corrected Perception**

When ego tempts you to sickness do not ask the Holy Spirit to heal the body... Ask, rather, that the Holy Spirit teach you the right perception of the body

Only when you awaken joyously have you utilized sleep according to [Holy Spirit's] purpose.

If you are sick you are withdrawing from ... yourself and me.

Txt Ch. 9 §1 - **The Acceptance of Reality**

The purpose of this Guide is merely to remind you of what you want. He is not attempting to force an alien will upon you. He is merely making every possible effort, within the limits you impose on him, to re-establish your own will in your awareness.

You may insist that the Holy Spirit does not answer you, but it might be wiser to consider the kind of questioner you are.

Any wish that stems from the ego is a wish for nothing, and to ask for it is not a request.

As long as you believe that fear is possible, you will not create.

If you distort reality you will experience anxiety ... and panic.

Txt Ch. 9 §2 - **The Answer to Prayer**

Suppose that what you ask of the Holy Spirit is what you really want, but you are still afraid of it. Should this be the case, your attainment of it would no longer be what you want.

Never doubt a Son of God. Do not question him and do not confound him.

The message your brother gives you is up to you... Your decision about him determines the message you receive.

You can no more pray for yourself alone than you can find joy for yourself alone... You cannot hear the Voice in yourself alone

Txt Ch. 9 §3 - **The Correction of Error**

The alertness of the ego to the errors of other egos is not the kind of vigilance the Holy Spirit would have you maintain.

Errors are of the ego, and correction of errors lies in the relinquishment of the ego.

When you correct a brother, you are telling him that he is wrong. He may be making no sense... But your task is still to tell him he is right. You do not tell him this verbally.... He needs correction at another level, because his error is at another level.

When you react at all to errors, you are not listening.

Txt Ch. 9 §4 - **Holy Spirit's Plan of Forgiveness**

Accept as true only what your brother is, if you would know yourself.

You do not understand how to overlook errors, or you would not make them. It would be further error to believe either that you do not make them, or that you can correct them without a Guide.

Your only hope is to change your mind about reality.

Txt Ch. 9 §5 - **The Unhealed Healer**

Every healer who searches fantasies for truth must be unhealed, because he does not know where to look for truth, and therefore does not have the answer to the problem of healing.

The unhealed healer ... must learn from his own teaching.

The miracle worker begins by perceiving light, and translates his perception into sureness by continually extending it and accepting its acknowledgment.

A therapist does not heal; he lets healing be.

Txt Ch. 9 §6 - **The Acceptance of Your Brother**

It seems to you that the Holy Spirit does not produce joy consistently in you only because you do not consistently arouse joy in others... When you are inconsistent you will not always give rise to joy.

Txt Ch. 9 §7 - **The Two Evaluations**

You do not have to seek far for salvation. **Every minute and every second gives you a chance to save yourself. Do not lose these chances** ... because delay of joy is needless.

You abide in peace when you so decide.

The ego is deceived by everything you do, especially when you respond to the Holy Spirit.

If you choose to see yourself as unloving you will not be happy.

Lack of knowledge of any kind is always associated with unwillingness to know, and this produces a total lack of knowledge simply because knowledge is total

Whenever you question your value, say:

God himself is incomplete without me.

Txt Ch. 9 §8 - **Grandeur versus Grandiosity**

Grandiosity is always a cover for despair. It is without hope because it is not real. It is an attempt to counteract your littleness, based on the belief that the littleness is real.

When ego experiences threat, its decision is whether to attack now or withdraw to attack later. If you accept its offer of grandiosity it will attack immediately. If you don't, it will wait.

The faintest hint of your reality literally drives the ego from your mind... Grandeur is totally without illusions, and because it is real it is compellingly convincing.

If you are willing to look upon your grandeur you cannot despair, and therefore you cannot want the ego.

Txt Ch. 10 §1 - **The Idols of Sickness**

Nothing beyond yourself can make you fearful or loving.

You must learn that time is solely at your disposal.

Every response you make to everything you perceive is up to you, because your mind determines your perception of it.

Txt Ch. 10 §2 - **At Home in God**

You decide against [your creations] them as long as your mind is split... you love your creations as yourself, because they are part of you.

The instant you waken you realize that everything that seemed to happen in the dream did not happen at all. You do not think this strange, even though all the laws of what you awaken to were violated while you slept.

You do not remember being awake... you do not remember yet that it once was so. And it is in this remembering that you will know it can be so again... what has once been is so now, if it is eternal. When you remember, you will know that what you remember is eternal, and therefore is now.

Txt Ch. 10 §3 - The Decision to Forget

Unless you first know something you cannot dissociate it. Knowledge must precede dissociation, so that dissociation is nothing more than a decision to forget... You are fearful because you have forgotten.

Offer the Holy Spirit your willingness to remember, for he retains the knowledge of God and of yourself for you, waiting for your acceptance... Let nothing in this world delay your remembering of him, for in this remembering is the knowledge of yourself.

When you attack, you are denying yourself.

Txt Ch. 10 §4 - The God of Sickness

When you think you are attacking yourself, it is a sure sign that you hate what you think you are.

Heal your brothers simply by accepting God for them.

The remembrance of love brings invulnerability with it. Do not side with sickness in the presence of a Son of God even if he believes in it.

To believe a Son of God is sick is to worship the same idol he does.

Txt Ch. 10 §5 - The End of Sickness

Reality can dawn only on an unclouded mind. It is always there to be accepted, but its acceptance depends on your willingness to have it. To know reality must involve the willingness to judge unreality for what it is.

By defining the mind wrongly, you perceive it as functioning wrongly.

You are not free to give up freedom, but only to deny it... What you have made is so unworthy of you that you could hardly want it, if you were willing to see it as it is.

The power of one mind can shine into another.

Txt Ch. 10 §6 - **The Denial of God**

Do not forget that to deny God ... and you will believe that others and not yourself have done [something] to you. You must receive the message you give... You may believe that you judge your brothers by the messages they give you, but you have judged them by the message you give to them.

When you think he has not answered your call, you have not answered his.

It is blasphemous to feel depressed.

Do not perceive anything God did not create.

Txt Ch. 11 §1 - **God or the Ego**

The ego, then, is nothing more than a delusional system in which you made your own father.

The cornerstone of God's creation is you, for his thought system is light... The more you approach the center of his thought system, the clearer the light becomes. The closer you come to the ego's thought system, the darker ... becomes the way.

Txt Ch. 11 §2 - **The Gifts of Fatherhood**

To be alone is to be separated from infinity... No one can be beyond the limitless; what has no limits must be everywhere.

Waiting is possible only in time, but time has no meaning. You who made delay can leave time behind simply by recognizing that neither beginnings nor endings were created by the Eternal.

The laws of the universe do not permit contradiction. What holds for God holds for you.

Give without limit and without end, to learn how much he has given you.

You cannot be happy unless you do what you will truly, and you cannot change this because it is immutable.

Txt Ch. 11 §3 - **The Invitation to Healing**

If sickness is separation, the decision to heal and to be healed is the first step toward recognizing what you truly want. Every attack is a step away from this, and every healing thought brings it closer.

Every healing thought that you accept, either from your brother or in your own mind, teaches you that you are God's Son.

The invitation must come from you.

Txt Ch. 11 §4 - **From Darkness to Light**

Conflict is the root of all evil, for being blind it does not see whom it attacks.

The way is not hard, but it is very different.

You cannot enter God's Presence with the dark companions beside you, but you also cannot enter alone. All your brothers must enter with you, for until you have accepted them you cannot enter.

Txt Ch. 11 §5 - **The Inheritance of God's Son**

Never forget that the Sonship is your salvation, for the Sonship is your self... if you hate part of your Self all your understanding is lost.

Limit the peace you share, and your self must be unknown to you.

Only you can deprive yourself of anything. Do not oppose this realization, for it is truly the beginning of the dawn of light. Remember that the denial of this fact takes many forms, and these you must learn to recognize and to oppose steadfastly, without exception. This is a crucial step in the reawakening.

You cannot enter God's presence if you attack his Son.

Txt Ch. 11 §6 - **The Dynamics of the Ego**

No one can escape from illusions unless he looks at them, for not looking is the way they are protected. There is no need to shrink from illusions, for they cannot be dangerous.

Be not afraid, for what you will be looking at is the source of fear, and you are beginning to learn that fear is not real.

[Fears] effects can be dispelled merely by denying their reality. The next step is to recognize that what has no effects does not exist.

[The term] "ego dynamics" by ... itself does not mean anything. It contains the very contradiction in terms that makes it meaningless. "Dynamics" implies the power to do something.

You must recognize that the last thing the ego wishes you to realize is that you are afraid of it. For if the ego could give rise to fear, it would diminish your independence and weaken your power.

You will not accept the cost of fear if you recognize it.

Everything you perceive is a witness to the thought system you want to be true. Every brother has the power to release you, if you choose to be free. You cannot accept false witness of him unless you have evoked false witnesses against him.

Txt Ch. 11 §7 - **Waking to Redemption**

It is impossible not to believe what you see, but it is equally impossible to see what you do not believe ... what you believe you do see.

You cannot be aware without interpretation, for what you perceive is your interpretation.

Learn your will and follow it, not in the spirit of sacrifice and submission, but in the gladness of freedom.

Your part must be like mine if you learn it of me. If you believe that yours is limited, you are limiting mine.

Txt Ch. 11 §8 - The Condition of Reality

The real world can actually be perceived. All that is necessary is a willingness to perceive nothing else. For if you perceive both good and evil, you are accepting both the false and the true and making no distinction between them.

If you believe in truth and illusion, you cannot tell which is true... Perceiving only the real world will lead you to the real Heaven.

You do not know the difference between what you have made and what you have created.

Txt Ch. 11 §9 - The Problem and the Answer

Do not make the mistake of believing that you understand what you perceive, for its meaning is lost to you.

Not one thought you hold is wholly true. The recognition of this is your firm beginning.

When you refuse to ask, it is because you believe that asking is taking rather than sharing.

If you perceive offense in a brother pluck the offense from your mind.

Txt Ch. 12 §1 - The Judgment of the Holy Spirit

Analyzing the motives of others is hazardous to you.

You react to your interpretations as if they were correct. You may then control reactions behaviorally, but not emotionally.

Every loving thought is true. Everything else is an appeal for healing and help, regardless of the form.

There is but one response to reality, for reality evokes no conflict at all.

Fear and love are the only emotions of which you are capable.

Txt Ch. 12 §2 - The Way to Remember God

The task of the miracle worker thus becomes to deny the denial of truth. The sick must heal themselves, for the truth is in them.

Do not allow your brother not to remember, for his forgetfulness is yours.

Perceive in sickness but another call for love, and offer your brother what he believes he cannot offer himself

Learn to be quiet in the midst of turmoil, for quietness is the end of strife and this is the journey to peace.

Txt Ch. 12 §3 - The Investment in Reality

Suppose a brother insists on having you do something you think you do not want to do. His very insistence should tell you that he believes salvation lies in it. If you insist on refusing and experience a quick response of opposition, you believe that your salvation lies in not doing it. You are then making the same mistake he is, and making his error real to both of you.

Whenever you become angry with a brother ... you believe that the ego is to be saved ... by attack. If he attacks, you are agreeing with this belief; and if you attack, you are reinforcing it.

Recognize what does not matter, and if your brothers ask you for something "outrageous," do it because it does not matter.

This world is only in the mind of its maker, along with his real salvation. Do not believe it is outside of yourself, for only by recognizing where it is will you gain control over it.

Txt Ch. 12 §4 - Seeking and Finding

You will undertake a journey because you are not at home in this world. And you will search for your home whether you realize where it is or not. If you believe it is outside you the search will be futile, for you will be seeking it where it is not.

Txt Ch. 12 §5 - **The Sane Curriculum**

Only love is strong because it is undivided. The strong do not attack because they see no need to do so.

The recognition of your own invulnerability is so important to the restoration of your sanity.

You will never realize the utter uselessness of attack except by recognizing that your attack on yourself has no effects.

Do not attempt to teach yourself what you do not understand, and do not try to set up curriculum goals where yours have clearly failed.

Txt Ch. 12 §6 - **The Vision of Christ**

You cannot sell your soul, but you can sell your awareness of it. You cannot perceive your soul, but you will not know it while you perceive something else as more valuable.

You do not want the world. The only thing of value in it is whatever part of it you look upon with love... Make the world real unto yourself.

You must learn the cost of sleeping, and refuse to pay it. Only then will you decide to awaken

Perceive more and more common elements in all situations... Gradually learn to apply it to everyone and everything, for its applicability is universal.

Txt Ch. 12 §7 - **Looking Within**

You cannot see the invisible. Yet if you see its effects you know it must be there. You cannot see your strengths, but you gain confidence in their existence as they enable you to act.

As you look in, you choose the guide for seeing... This is why you find what you seek.

When you want only love you will see nothing else.

Txt Ch. 12 §8 - **The Attraction of Love for Love**

Offer [love] and it will come to you, because it is drawn to itself. Offer attack and love will be hidden, for it can live only in peace.

When you made visible what is not true, what is true became invisible to you.

A Voice will answer every question you ask.

Txt Ch. 13 §1 - **The Guiltless World**

If you did not feel guilty you could not attack, for condemnation is the root of attack.

Accept the eternal fact that God's Son is not guilty. He deserves only love because he has given only love. He cannot be condemned because he has never condemned.

Txt Ch. 13 §2 - **Guiltlessness and Invulnerability**

Love and guilt can't coexist; to accept one is to deny the other.

As you look upon yourself and judge what you do honestly, you may be tempted to wonder how you can be guiltless... You have sinned in the past, but there is no past. Always has no direction.

There is no road to travel on, and no time to travel through.

You can hold on to the past only through guilt.

You cannot dispel guilt by making it real, and then atoning for it.

Txt Ch. 13 §3 - **The Guiltless Son of God**

You project guilt to get rid of it, but you are actually merely concealing it. You do experience the guilt, but you have no idea why... Believing you are no longer you, you do not realize that you are failing yourself.

In the extreme, you are afraid of redemption and you believe it will kill you.

Txt Ch. 13 §4 - The Fear of Redemption

In your disordered state of mind you are not afraid of fear. You do not like it, but it is not your desire to attack that really frightens you. You are not seriously disturbed by your hostility.

You must look upon your illusions and not keep them hidden, because they do not rest on their own foundation.

To "single out" is to "make alone," and thus make lonely.

Seek this place and you will find it, for Love is in you and will lead you there.

Txt Ch. 13 §5 - The Function of Time

Your function in this world is healing, and your function in Heaven is creating.

By the notion of paying for the past in the future, the past becomes the determiner of the future, making them continuous without an intervening present.

Txt Ch. 13 §6 - The Two Emotions

You have but two emotions: love and fear... Each is a seeing.

Each one peoples his world with figures from his individual past, and [therefore] private worlds differ. Yet the figures that he sees were never real, for they are made up only of his reactions to his brothers, and do not include their reactions to him.

As you look with open eyes upon your world, it must occur to you that you have withdrawn into insanity. You see what is not there, and you hear what makes no sound. Your manifestations of emotions are the opposite of what the emotions are. You communicate with no one, and you are as isolated from reality as if you were alone in all the universe.

Do not seek vision through your eyes, for you made your way of seeing that you might see in darkness.

Txt Ch. 13 §7 - **Finding the Present**

To perceive truly is to be aware of all reality through the awareness of your own. But for this no illusions can rise to meet your sight, for reality leaves no room for any error.

You consider it natural to use your past experience as the reference point from which to judge the present. Yet this is unnatural because it is delusional.

This darkness is in you... To be born again is to let the past go, and look without condemnation upon the present.

Time can release as well as imprison, depending on whose interpretation of it you use... Reach out to all your brothers.

The attraction of light must draw you willingly, and willingness is signified by giving.

Txt Ch. 13 §8 - **Attainment of the Real World**

Sit quietly and look upon the world you see, and tell yourself: The real world is not like this... There is no day that brightens and grows dim. There is no loss.

The world you see must be denied, for sight of it is costing you a different kind of vision. You cannot see both worlds.

You have been wrong about the world because you have misjudged yourself... You who would judge reality cannot see it, for whenever judgment enters reality has slipped away.

You wait but for yourself. To give this sad world over and exchange your errors for the peace of God is but your will.

You will first dream of peace, and then awaken to it. Your first exchange of what you made for what you want is the exchange of nightmares for the happy dreams of love.

Ask not of yourself what you need, for you do not know, and your advice to yourself will hurt you.

Txt Ch. 13 §9 - **From Perception to Knowledge**

The very real difference between perception and knowledge becomes quite apparent if you consider this: There is nothing partial about knowledge. Every aspect is whole, and therefore no aspect is separate.

Everyone seen without the past thus brings you nearer to the end of time by bringing healed and healing sight into the darkness, and enabling the world to see.

There is one miracle, as there is one reality. And every miracle you do contains them all.

Txt Ch. 13 §10 - **The Cloud of Guilt**

The ego's laws are strict, and breaches are severely punished. Therefore give no obedience to its laws, for they are laws of punishment.

Make no one fearful, for his guilt is yours, and by obeying the ego's harsh commandments you bring its condemnation on yourself, and you will not escape the punishment it offers those who obey it.

See no one, then, as guilty, and you will affirm the truth of guiltlessness unto yourself.

Guilt makes you blind, for while you see one spot of guilt within you, you will not see the light.

Txt Ch. 13 §11 - **Release from Guilt**

When you maintain that you are guilty but the source of your guilt lies in the past, you are not looking inward.

Determine, then, to be not as you were. Use no relationship to hold you to the past, but with each one each day be born again. A minute, even less, will be enough to free you from the past.

Txt Ch. 13 §12 - **The Peace of Heaven**

You are trying to escape a bitter war from which you have escaped. The war is gone.

Nothing you value do you value wholly; you do not value it at all.

Nothing in this world can give this peace, for nothing in this world is wholly shared. Perfect perception can merely show you what is capable of being wholly shared.

Whatever your reactions to Holy Spirit's Voice may be, whatever voice you choose to listen to, whatever strange thoughts may occur to you, God's Will is done.

Learn what to avoid and what to seek.

Holy Spirit will undo everything you have learned that teaches that what is not true must be reconciled with truth. You will be released, and you will not remember anything you made that was not created for you and by you in return.

Txt Ch. 14 §1 - **Teaching for Truth**

You are blessed indeed. In this world you do not know it. You have the means for learning and seeing it clearly. Holy Spirit uses logic as easily and well as does ego, except his conclusions are not insane. They take a direction exactly opposite. Follow the simple logic by which Holy Spirit teaches the simple conclusions that speak for truth, and only truth.

Txt Ch. 14 §2 - **The Conditions of Learning**

The knowledge is not taught, but its conditions must be acquired... You can learn to bless.

You who cannot undo what you made cannot see thru it. It deceives you, because you deceive yourself. Those who choose to be deceived will merely attack direct approaches.

Txt Ch. 14 §3 - The Happy Learner

You who are steadfastly devoted to misery must first recognize that you are miserable and not happy.

The fundamental teaching is that truth is true. This is the hardest lesson you will ever learn. Nothing is so alien as the simple truth, and nothing are you less inclined to listen to.

When you teach anyone that truth is true, you learn it with him.

If you would be a happy learner, you must give everything you have learned to the Holy Spirit, to be unlearned for you.

Behold your brothers in their freedom, and learn of them how to be free of darkness.

Txt Ch. 14 §4 - The Decision for Guiltlessness

The happy learner cannot feel guilty about learning. This is so essential to learning that it should never be forgotten. The guiltless learner learns easily because his thoughts are free.

Say to yourself, gently:

What I experience I will make manifest.

If I am guiltless, I have nothing to fear.

I choose to testify to my acceptance of the Atonement.

I accept my guiltlessness by making it manifest and sharing it.

Let me bring peace to God's Son from his Father.

Each day, each hour and minute, even each second, you are deciding... The power of decision is all that is yours.

The way to teach this simple lesson is merely this: Guiltlessness is invulnerability... There is nothing to forgive.

Whenever you choose to make decisions for yourself you are thinking destructively, and the decision will be wrong.

Do not try to escape the gift of God he so freely and so gladly offers you.

Txt Ch. 14 §5 - **Your Function in the Atonement**

When you accept a brother's guiltlessness you will see the Atonement in him... His guiltlessness is your Atonement. Grant it to him, and you will see the truth of what you have acknowledged.

The state of guiltlessness is only the condition in which what is not there has been removed from the disordered mind that thought it was. This state, and only this, you must attain.

Ask not to be forgiven, for this has already been accomplished. Ask, rather, to learn how to forgive.

Before you make any decisions for yourself, remember that you have decided against your function... Your function here is only to decide against deciding what you want.

Txt Ch. 14 §6 - **The Circle of Atonement**

Your only calling here is to devote yourself, with active willingness, to the denial of guilt in all its forms. To accuse is to not understand.

Never allow purity to remain hidden, but shine away the heavy veils of guilt.

There is no conflict in this curriculum, which has one aim however it is taught. Each effort made on its behalf is offered for the single purpose of release from guilt

Txt Ch. 14 §7 - **The Light of Communication**

Attack will always yield to love if it is brought to love, not hidden from it.

Keep not guilt and guiltlessness apart, for your belief that you can have them both is meaningless. All you have done by keeping them apart is lose their meaning by confusing them with each other.

Txt Ch. 14 §8 - Perception with the Holy Spirit

The search for truth is the honest searching out of everything that interferes with truth. Truth ... can neither be lost nor sought nor found. It is there, wherever you are, being within you.

Truth does not struggle against ignorance, and love does not attack fear. What needs no protection does not defend itself. Defense is of your making... Defenses, like everything you made, must be gently turned to your own good.

Txt Ch. 14 §9 - The Holy Meeting Place

Banish not power from your mind, but let all that would hide your glory be brought to the judgment of Holy Spirit, and there undone.

Let your mind wander not through darkened corridors, away from light's center... Unite with what you are. You cannot join with anything except reality.

Txt Ch. 14 §10 - The Reflection of Holiness

The making of time to take the place of timelessness lay in the decision to be not as you are... The past you remember never was, and represents only denial of what always was.

In this world you can become a spotless mirror, in which the holiness of your Creator shines forth from you to all around you. You can reflect Heaven here.

The image of holiness that shines in your mind is not obscure, and will not change. Its meaning to those who look upon it is not obscure, for everyone perceives it as the same.

The response of holiness to any form of error is always the same.

Txt Ch. 14 §11 - **The Equality of Miracles**

The reflections you accept into the mirror of your mind in time but bring eternity nearer or farther... Reach out of time and touch it, with the help of its reflection in you... Reflect the peace of Heaven here, and bring this world to Heaven.

The number of [miracles] that you can do is limitless. They can be simultaneous and legion.

The sanity that remains is held together by an order that you establish. Yet the fact that you can do this, and bring order into chaos, shows that you are not ego, and more than ego is in you.

Take no thought for yourself, for no thought you hold **is** for yourself.

Txt Ch. 14 §12 - **The Test of Truth**

The essential thing is learning that you do not know.

Be willing for all of it to be undone, and be glad that you are not bound to it forever.

Your learning gives the present no meaning. Nothing you have learned can help understand the present, or teach how to undo the past. Your past is what you have taught yourself. Let it go. Do not attempt to understand any event or anything or anyone.

If you are wholly free of fear of any kind, and if all those who meet or even think of you share in your perfect peace, then you can be sure that you have learned.

Do not be concerned about how you can learn a lesson so completely different from everything that you have taught yourself...Your part is very simple. You need only recognize that everything you learned you do not want... When your peace is threatened or disturbed in any way, say to yourself:

I do not know what anything means.

So I do not know how to respond to it.

I will not use my past learning as the light to guide me.

Txt Ch. 15 §1 - **The Two Uses of Time**

All the waste that time seems to bring with it is due but to your identification with the ego.

There is no hell. Hell is only what ego has made of the present. The belief in hell is what prevents you from understanding the present, because you are afraid of it.

The present extends forever... Nothing but happiness is there. No darkness is remembered, and immortality and joy are now.

This lesson takes no time.

Offer the miracle of the holy instant.

Txt Ch. 15 §2 - **The End of Doubt**

Unless God is bound, you cannot be.

Do not be concerned with time, and fear not the instant of holiness that will remove all fear.

The holy instant has not yet happened to you. Yet it will, and you will recognize it with perfect certainty.

Start now to practice your little part in separating out the holy instant.

Txt Ch. 15 §3 - **Littleness versus Magnitude**

Be not content with littleness. But be sure you understand what littleness is, and why you could never be content with it.

You are free to try as many [forms] as you wish, but all you will be doing is to delay your homecoming.

Let no one forget what you would remember. Thus you will remember it.

Txt Ch. 15 §4 - **Practicing the Holy Instant**

The holy instant is this instant and every instant... You must decide when it is. Delay it not.

Your practice must therefore rest upon your willingness to let all littleness go.

You can claim the holy instant anytime and anywhere you want it. In your practice, give over every plan you have accepted for finding magnitude in littleness.

Receive and give perfect communication. This means that it is a time in which your mind is open.

Every thought you would keep hidden shuts communication off.

The necessary condition for the holy instant does not require that you have no thoughts that are not pure. But it does require that you have none that you would keep.

Txt Ch. 15 §5 - **Holy Instant & Special Relationships**

If you seek to separate out certain aspects of the totality and look to them to meet your imagined needs, you are attempting to use separation to save you.

In the holy instant, free of the past, you see that love is in you, and you have no need to look without and snatch love guiltily from where you thought it was.

Txt Ch. 15 §6 - **The Holy Instant and the Laws of God**

There will be guilt as long as you accept the possibility, and cherish it, that you can make a brother into what he is not

You seek without for what you cannot find without.

What you find difficult to accept is the fact that, like your Father, you are an idea.

You will experience the full communication of ideas. Through your ability to do this you will learn what you must be.

Txt Ch. 15 §7 - **The Needless Sacrifice**

The sick attraction of guilt must be recognized for what it is. For having been made real to you, it is essential to look at it clearly, and by withdrawing your investment in it, to learn to let it go

In the name of his release, and in the Name of Him Who would release him, let us look more closely at the relationships the ego contrives, and let the Holy Spirit judge them truly.

Whenever you are angry, you can be sure that you have formed a special relationship which the ego has "blessed," for anger is its blessing.

Txt Ch. 15 §8 - **The Only Real Relationship**

Hear Him gladly, and learn of Him that you have need of no special relationships at all... Let us join together in making the holy instant all that there is, by desiring that it be all that there is.

Relate only with what will never leave you, and what you can never leave... Accept your sense of failure as nothing more than a mistake in who you are.

Txt Ch. 15 §9 - **Holy Instant and Attraction of God**

Our task is to continue, as fast as possible, the necessary process of looking straight at all the interference and seeing it exactly as it is.

God does not understand your problem in communication, for He does not share it with you. It is only you who believe that it is understandable. Holy Spirit knows it is not understandable, and yet He understands it because you made it.

Leave, then, what seems to you to be impossible, because it is the will of God, and let him whose teaching is only of God teach you the only meaning of relationships.

Txt Ch. 15 §10 - **The Time of Rebirth**

Release me as I choose your own release.

What other gift can you offer me, when only this I choose to offer you? To see me is to see me in everyone, and offer everyone the gift you offer me.

It is possible to do this all at once because there is but one shift in perception that is necessary.

It is not necessary to follow fear through all [its] circuitous routes... Yet it is necessary to examine each one as long as you would retain the principle that governs all of them.

You will not succeed in being partial hostage to the ego, for it keeps no bargains and would leave you nothing. You must choose between total freedom and total bondage... Do not try to project it from you and see it outside yourself.

Txt Ch. 15 §11 - **Christmas as the End of Sacrifice**

Fear not to recognize the whole idea of sacrifice as solely of your making... Do not try longer to keep apart your thoughts and the Thought that has been given you.

What you exclude from yourself seems fearful, for you endow it with fear and try to cast it out, though it is part of you.

As long as you perceive the body as your reality, so long will you perceive yourself as lonely and deprived.

Let us join in celebrating peace by demanding no sacrifice of anyone, for so you offer me the love I offer you.

Say to your brother:

I give you to the Holy Spirit as part of myself.

I know that you will be released,
unless I want to use you to imprison myself.

In the name of my freedom I choose your release,
because I recognize that we will be released together.

Txt Ch. 16 §1 - **True Empathy**

To empathize does not mean to join in suffering, for that is what you must refuse to understand.

Your part is to remember you do not want anything ... to come of a relationship... Neither hurt nor heal in your own way.

Step gently aside, and let healing be done for you. Keep but one thought in mind and do not lose sight of it, however tempted you may be to judge any situation, and to determine your response by judging it. Focus your mind only on this:

I am not alone, and I would not intrude the past upon my Guest.

I have invited Him, and He is here.

I need do nothing except not to interfere.

Attempt to teach not. You are the learner...

Txt Ch. 16 §2 - **The Power of Holiness**

[Holiness] must include everyone to be holy.

It is impossible to accomplish what you do not understand. So there must be something in you that does understand.

You have succeeded whenever you have reached another mind and joined with it.

Txt Ch. 16 §3 - **The Reward of Teaching**

Everyone teaches, and teaches all the time.

Remember how much care you have exerted in choosing [ego's] witnesses and avoiding those that spoke for the cause of truth.

This year you will begin to learn, and make learning commensurate with teaching.

Txt Ch. 16 §4 - **The Illusion and the Reality of Love**

Be not afraid to look upon the special hate relationship, for freedom lies in looking at it... Your salvation will rise clearly before your eyes as you look on this... It is essential to bring it into sight, and to make no attempt to hide it.

You will go through this last undoing quite unharmed, and will at last emerge as yourself.

Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it... the attempt to escape from one illusion into another must fail.

Acceptance of your creations is the oneness of creation, without which you could never be complete.

The bridge that leads to union in yourself must lead to knowledge.

Txt Ch. 16 §5 - **The Choice for Completion**

The special love relationship is the ego's most boasted gift, and one which has the most appeal to those unwilling to relinquish guilt.

It is essential to the preservation of the ego that you believe specialness is not hell, but Heaven.

Let us not think of its fearful nature, or of the guilt it must entail, nor of the sadness and the loneliness.

See exactly how this ritual is enacted in the special relationship.

Whenever any form of special relationship tempts you to seek for love in ritual, remember love is content, and not form of any kind. The special relationship is a ritual of form.

This year is the time to make the easiest decision that ever confronted you, and also the only one. You will cross the bridge into reality simply because you will recognize that God is on the other side, and nothing at all is here. It is impossible not to make the natural decision as this is realized.

Txt Ch. 16 §6 - The Bridge to the Real World

Love is freedom. To look for it by placing yourself in bondage is to separate yourself from it.

Fear not that you will be abruptly lifted up and hurled into reality... The urgency is only in dislodging your mind from its fixed position here.

See no illusion of truth and beauty [in what guilt wrought].

Be thankful that there is a place where truth and beauty wait for you. Go on to meet them, and learn how much awaits you for the simple willingness to give up nothing because it is nothing.

Txt Ch. 16 §7 - The End of Illusions

It is impossible to let the past go without relinquishing the special relationship.

The past is nothing. Do not seek to lay the blame for deprivation on it, for the past is gone.

The stillness and peace of now enfold you in perfect gentleness.

All that must be forgiven are the illusions you have held against your brothers.

Seek and find His message in the holy instant, where all illusions are forgiven... You choose this or nothing.

Txt Ch. 17 §1 - Bringing Fantasy to Truth

It is only your wish to change reality that is fearful, because by your wish you think you have accomplished what you wish.

What you reserve for yourself, you take away from him Who would release you. Unless you give it back, it is inevitable that your perspective on reality be warped and uncorrected.

Reserve not one idea aside from truth, or you establish orders of reality that must imprison you.

Txt Ch. 17 §2 - **The Forgiven World**

The real world is attained simply by the complete forgiveness of the old, the world you see without forgiveness.

The eagerness of the Holy Spirit to give you this is so intense he would not wait, although he waits in patience. Meet his patience with your impatience at delay in meeting him.

Txt Ch. 17 §3 - **Shadows of the Past**

Give the past to him who can change your mind about it for you. But first, be sure you fully realize what you have made the past to represent, and why.

It is still up to you to choose to join with truth or with illusion. But remember that to choose one is to let the other go.

Txt Ch. 17 §4 - **The Two Pictures**

Every special relationship you have made is a substitute for God's Will, and glorifies yours instead of his because of the illusion that they are different.

[Ego] does not realize that it is totally insane. And you must realize just what this means if you would be restored to sanity.

You recognize, at least in general terms, that the ego is insane. Yet the special relationship still seems to you somehow to be different. Yet we have looked at it far closer than we have at many other aspects of the ego's thought system that you have been willing to let go. While this one remains, you will not let the others go. Retain this one, and you have retained the whole.

It is essential to realize that all defenses do what they would defend.

Look at the picture. Do not let the frame distract you.

As you look on this, you realize that it is not a picture, but a reality.

Txt Ch. 17 §5 - **The Healed Relationship**

The holy instant never fails. The experience of it is always felt.

The holy relationship, a major step toward the perception of the real world, is learned... Be comforted ... the only difficult phase is the beginning.

The temptation of the ego becomes extremely intense with this shift in goals.

Only a radical shift in purpose could induce a complete change of mind about what the whole relationship is for.

This is the time for faith. You let this goal be set for you... Do not abandon faith, the rewards of faith are being introduced.

Accept with gladness what you do not understand, and let it be explained to you as you perceive its purpose work in it to make it holy... Forget not now the misery you really found, and do not breathe life into your failing ego.

By lack of ... gratitude you make yourself unable to express the holy instant, and thus lose sight of it.

To give thanks to one another is to appreciate the holy instant, and thus enable its results to be accepted and shared. To attack your brother is not to lose the instant, but to make it powerless in its effects

Txt Ch. 17 §6 - **Setting the Goal**

There are certain specific guidelines [Holy Spirit] provides for any situation, but remember that you do not yet realize their universal application. Therefore, it is essential at this point to use them in each situation separately, until you can safely look beyond each situation.

[See the Question section for an important point here.]

You will therefore make every effort to overlook what interferes with the accomplishment of your objective, and concentrate on everything that helps you meet it.

Txt Ch. 17 §7 - The Call for Faith

There is no problem in any situation that faith will not solve.

A situation is a relationship, being the joining of thoughts. If problems are perceived, it is because the thoughts are in conflict... If you lack faith, ask it be restored where it was lost.

Your faith must grow to meet the goal that has been set.

Every situation in which you find yourself is a means to meet the purpose set for your relationship. See it as something else and you are faithless.

Think on this and learn the cause of faithlessness: You think you hold against your brother what he has done to you. But what you really blame him for is what you did to him.

Txt Ch. 17 §8 - The Conditions of Peace

Let truth be what it is. Do not intrude upon it, do not attack it, do not interrupt its coming. Let it encompass every situation and bring you peace.

To answer truth with faith entails no strain at all.

When you accepted truth as the goal for your relationship, you became a giver of peace... Give as you have received. And demonstrate that you have risen far beyond any situation that could hold you back, and keep you separate from him whose call you answered.

Txt Ch. 18 §1 - The Substitute Reality

Call it not sin but madness, for such it was and so it still remains. Invest it not with guilt, for guilt implies it was accomplished in reality. And above all, be not afraid of it.

When you seem to see some twisted form ... rising to frighten you, say only, "God is not fear, but love," and it will disappear.

Txt Ch. 18 §2 - **The Basis of the Dream**

[Learn this in depth; it is a core message of the *Course*.]

You do not find the differences between what you see in sleep and on awaking disturbing. You recognize that what you see on waking is blotted out in dreams. Yet on awakening, you do not expect it to be gone. In dreams you arrange everything.

The dream of your ability to control reality by substituting a world that you prefer is terrifying. Your attempts to blot out reality are very fearful, but this you are not willing to accept. And so you substitute the fantasy that reality is fearful, not what you would do to it. And thus is guilt made real.

Dreams show you that you have the power to make a world as you would have it be, and that because you want it you see it. While you see it you do not doubt that it is real. Yet here is a world, clearly within your mind, that seems to be outside. You do not respond to it as though you made it, nor do you realize that the emotions the dream produces must come from you.

Yet what you fail to recognize is that what caused the dream has not gone with it. Your wish to make another world that is not real remains with you.

Let not the dream take hold to close your eyes. It is not strange that dreams can make a world that is unreal. It is the wish to make it that is incredible. Your relationship with your brother has now become one in which the wish has been removed, because its purpose has been changed from one of dreams to one of truth. You are not sure of this because you think it may be this that is the dream. You are so used to choosing among dreams you do not see that you have made, at last, the choice between the truth and all illusions.

Yet Heaven is sure. This is no dream. Its coming means that you have chosen truth, and it has come because you have been willing to let your special relationship meet its conditions.

The dream of waking is easily transferred to its reality.

Txt Ch. 18 §3 - Light in the Dream

The goal you accepted is the goal of knowledge, for which you signified your willingness. Fear seems to live in darkness, and when you are afraid you have stepped back. Let us then join quickly in an instant of light, and it will be enough to remind you that your goal is light.

Each instant that we spend together will teach you that this goal is possible, and will strengthen your desire to reach it. And in your desire lies its accomplishment.

You who are now the bringer of salvation has the function of bringing light to darkness.

We are made whole in our desire to make whole. Let not time worry you.

Txt Ch. 18 §4 - The Little Willingness

The holy instant is the result of your determination to be holy.

You prepare your mind for it only to the extent of recognizing that you want it above all else.

Trust not your good intentions. They are not enough. But trust implicitly your willingness, whatever else may enter.

You merely ask the question. The answer is given.

Rather than seek to prepare yourself for him, try to think thus:

I who am host to God am worthy of him.

He who established His dwelling place in me
created it as he would have it be.

It is not needful that I make it ready for him,
only that I do not interfere with his plan
to restore to me my own awareness of my readiness,
which is eternal. I need add nothing to his plan.

But to receive it,

I must be willing not to substitute my own in place of it.

Txt Ch. 18 §5 - **The Happy Dream**

Prepare you **now** for the undoing of what never was.

Put yourself not in charge of this, for you cannot distinguish between advance and retreat.

Never approach the holy instant after you have tried to remove all fear and hatred from your mind... Never attempt to overlook your guilt before you ask the Holy Spirit's help.

I desire this holy instant for myself
that I may share it with my brother, whom I love.

It is not possible that I can have it without him,
or he without me.

Yet it is wholly possible for us to share it now.

So I choose this instant to offer to the Holy Spirit, that blessing
may descend, and keep us both in peace.

Txt Ch. 18 §6 - **Beyond the Body**

A body cannot be guilty, for it can do nothing of itself. You who think you hate your body deceive yourself. You hate your mind, for guilt has entered into it...

By assigning to the mind the properties of the body separation seems to be possible.

The mind cannot attack, but it can deceive itself.

It is insane to use the body as the scapegoat for guilt, directing its attack and blaming it for what you wished it to do.

This thing you made to serve your guilt stands between you and other minds. The minds are joined, but you do not identify with them.

Escape from fear to peace, asking no questions of reality, but merely accepting it. [Note the description of Awe in paragraph 11.]

Come to this place of refuge, where you can be yourself in peace.

Txt Ch. 18 §7 - **I Need Do Nothing**

No one accepts Atonement for himself who still accepts sin as his goal. You have thus not met your one responsibility.

There is one thing that you have never done; you have not utterly forgotten the body. It has perhaps faded at times from your sight, but it has not yet completely disappeared... Every instant that you spend without awareness of it gives you a different view of it when you return.

It is impossible to accept the holy instant without reservation unless, just for an instant, you are willing to see no past or future.

To do nothing is to rest, and make a place within you where the activity of the body ceases to demand attention.

This quiet center, in which you do nothing, will remain with you, giving you rest in the midst of every busy doing on which you are sent. For from this center will you be directed how to use the body sinlessly.

Txt Ch. 18 §8 - **The Little Garden**

Within this kingdom the ego rules, and cruelly... Think how alone and frightened is this little thought, this infinitesimal illusion, holding itself apart against the universe.

Realize the life and joy that love would bring ... and where it would return with you.

Be sure of this; love has entered your special relationship, and entered fully at your weak request. You do not recognize that love has come, because you have not yet let go of all the barriers you hold against your brother.

You have reached the end of an ancient journey, not realizing yet that it is over.

Only a little wall of dust still stands between you. Blow on it lightly and with happy laughter, and it will fall away.

Txt Ch. 18 §9 - **The Two Worlds**

You have been told to bring the darkness to the light, and guilt to holiness. And you have also been told that error must be corrected at its source. Therefore, it is the tiny part of yourself, the little thought that seems split off and separate, the Holy Spirit needs.

Be you not separate, for the One Who does surround it has brought union to you, returning your little offering of darkness to the eternal light.

Let your Guide teach you [guilt's] unsubstantial nature as he leads you past [it].

A step beyond this holy place, a step still further inward but the one you cannot take transports you to something completely different.

Memory will be as useless as learning, for your only purpose will be creating. Yet this you cannot know until every perception has been cleansed and purified, and finally removed forever.

Txt Ch. 19 §1 - **Healing and Faith**

Peace without faith will never be attained, for what is dedicated to truth as its only goal is brought to truth by faith.

By faith, you offer the gift of freedom from the past, which you received. You do not use anything your brother has done before to condemn him now.

Let your dedication be to the eternal and learn how not to interfere with it and make it slave to time. For what you think you do to the eternal you do to you.

You can enslave a body, but an idea is free, incapable of being kept in prison in any way except by the mind that thought it. For it remains joined to its source, which is its jailer or its liberator, according to which it chooses as its purpose for itself.

Txt Ch. 19 §2 - **Sin versus Error**

It is essential that error be not confused with sin, and it is this distinction that makes salvation possible.

[You] cannot sin. There is nothing [you] can do that would really change [your] reality in any way, nor make [you] really guilty.

Any mistake can be corrected, if truth be left to judge it... it is possible to have faith that a mistake can be corrected.

Txt Ch. 19 §3 - **The Unreality of Sin**

Sin is an idea of evil that cannot be corrected, and yet will be forever desirable.

Love, not fear, is really called upon by sin, and always answers.

Change [sin's] status from a sin to a mistake. Now you will not repeat it; you will merely stop and let it go

Every mistake must be a call for love.

When you are tempted to believe that sin is real, remember this: If sin is real, Both God and you are not.

You will be healed of sin and all its ravages the instant that you give it no power over your brother.

Forget what you have seen, and raise your eyes in faith to what you now can see

Txt Ch. 19 §4 - **The Obstacles to Peace**

As peace extends from deep inside yourself ... it will encounter many obstacles. Some of them you will try to impose.

The peace that already lies deeply within must first expand, and flow across the obstacles you placed before it.

When the peace in you has been extended to encompass everyone, the Holy Spirit's function here will be accomplished.

Txt Ch. 19 §5 - **The Desire to Get Rid of [Peace]**

[Peace] cannot extend unless you keep it.

Salvation cannot be withheld from you. It is your purpose. You cannot choose apart from this. You have no purpose apart from your brother, nor apart from the one you asked the Holy Spirit to share with you.

Do not attempt to stand between him and his holy purpose, for it is yours.

Txt Ch. 19 §6 - **The Attraction of Guilt**

Send not savage messengers into the world, to feast upon it and to prey upon reality.

The Holy Spirit has given you love's messengers to send instead of those you trained through fear... If you send them forth, they will see only the blameless and the beautiful, the gentle and the kind... Be not afraid of them.

You can live to show [death] is not real.

While you believe that [the body] can give you pleasure, you will also believe that it can bring you pain.

Txt Ch. 19 §7 - **The Belief the Body is Valuable ...**

This "sacrifice" you feel to be too great to make, too much to ask of you. [But it is release.]

Here is the focus of the perception of Atonement as murder. Here is the source of the idea that love is fear.

You want communion, not the feast of fear. You want salvation, not the pain of guilt.

Send forth to all the world the joyous message of the end of guilt, and all the world will answer

Txt Ch. 19 §8 - **The Attraction of Pain**

Your little part is but to give the Holy Spirit the whole idea of sacrifice.

Use not your error as the justification for your faithlessness. You have not sinned, but you have been mistaken in what is faithful.

Hear not [ego's] madness, and believe not the impossible is true. Forget not that the ego has dedicated the body to the goal of sin, and places in it all its faith that this can be accomplished.

Txt Ch. 19 §9 - **The Attraction of Death**

Touch any [sinner] with the gentle hands of forgiveness, and watch the chains fall away, along with yours. See him throw aside the black robe he was wearing to his funeral, and hear him laugh at death.

Txt Ch. 19 §10 - **The Incorruptible Body**

You who believe you have condemned the Son of God to [sin] **are** arrogant. But you who would release him are but honoring the Will of his Creator.

You have another dedication that would keep the body incorruptible and perfect as long as it is useful for your holy purpose. The body no more dies than it can feel.

You who are dedicated to the incorruptible have been given through your acceptance, the power to release from corruption.

Give it to him to judge for you, and say:

Take this from me and look upon it, judging it for me.

Let me not see it as a sign of sin and death,
nor use it for destruction.

Teach me how not to make of it an obstacle to peace,
but let You use it for me, to facilitate its coming.

Txt Ch. 19 §11 - **The Fear of God**

This is the darkest veil, upheld by the belief in death and protected by its attraction... This is the secret bargain made with the ego to keep what lies beyond the veil forever blotted out and unremembered.

Every obstacle that peace must flow across is surmounted in just the same way; the fear that raised it yields to the love beyond, and so the fear is gone... the appeal of death is lost forever as love's attraction stirs and calls to you.

Look upon it, open-eyed, and you will nevermore believe that you are at the mercy of things beyond you, forces you cannot control, and thoughts that come to you against your will.

Txt Ch. 19 §12 - **The Lifting of the Veil**

Forget not that you came this far together, you and your brother... The Guide Who brought you here remains with you, and when you raise your eyes you will be ready to look on terror with no fear at all. But first, lift up your eyes and look on one another in innocence born of complete forgiveness of each other's illusions.

This is the place to which everyone must come when he is ready. Once he has found his brother he is ready. Yet merely to reach the place is not enough. A journey without a purpose is still meaningless... It is here you choose whether to look ... or wander on, only to return and make the choice again.

You are afraid of God because you fear your brother.

Join him in gladness, and remove all trace of guilt from his disturbed and tortured mind. Help him to lift the heavy burden of sin you laid upon him and he accepted as his own, and toss it lightly and with happy laughter away from him.

This is the journey's purpose, without which the journey is meaningless.

Txt Ch. 20 §1 - **Holy Week**

Let no dark sign of crucifixion intervene between the journey and its purpose; between the acceptance of the truth and its expression. This week we celebrate life, not death.

If you see glimpses of the face of Christ behind the veil, looking between the snow-white petals of the lilies you have received and given as your gift, you will behold your brother's face and recognize it... Look on your risen Friend, and celebrate his holiness along with me.

Txt Ch. 20 §2 - **The Gift of Lilies**

Forget not that it is your savior to whom the gift is offered. Offer him thorns and you are crucified. Offer him lilies and it is yourself you free.

Be you his friend for me, that I may be forgiven.

You look still with the body's eyes, and they can see but thorns.

You [cannot] use what I have given unless you share it.

You have the vision now to look past all illusions.

Give joyously to one another the freedom and the strength to lead you there.

Txt Ch. 20 §3 - **Sin as an Adjustment**

The holy do not interfere with truth. They are not afraid of it, for it is within the truth they recognize their holiness, and rejoice at what they see.

To this world must you adjust as long as you believe this picture is outside, and has you at its mercy.

Strengthen your hold and raise your eyes unto your strong companion, in whom the meaning of your freedom lies.

Share this faith with me and know that it is justified.

Txt Ch. 20 §4 - **Entering the Ark**

You give power as the laws of this world interpret giving; as you give you lose. It is not up to you to give power at all.

Those who choose freedom will experience only its results.

Ask not the sparrow how the eagle soars, for those with little wings have not accepted for themselves the power to share with you.

See, then, the power of sinlessness within your brother, and share with him the power of the release from sin you offered him.

The plan is not of you, nor need you be concerned with anything except the part that has been given you to learn... But think not that he does not need your part to help him with the rest.

Think not that your forgiveness of your brother serves but you two alone.

You need take thought for nothing, careless of everything except the only purpose that you would fulfill. As that was given you, so will its fulfillment be.

Txt Ch. 20 §5 - **Heralds of Eternity**

Vision or judgment is your choice, but never both of these.

Have faith that he who sees the gift in both of you will offer and receive it for you both.

Txt Ch. 20 §6 - **The Temple of the Holy Spirit**

You cannot make the body the Holy Spirit's temple, and it will never be the seat of love. It is the home of the idolater, and of love's condemnation.

Lay aside the body and quietly transcend it, rising to welcome what you really want.

Txt Ch. 20 §7 - The Consistency of Means and End

This course requires almost nothing of you. It is impossible to imagine one that asks so little, or could offer more.

The period of discomfort that follows the sudden change in a relationship from sin to holiness may now be almost over. To the extent you still experience it, you are refusing to leave the means to him who changed the purpose. You recognize you want the goal.

The means are second to the goal. And when you hesitate, it is because the purpose frightens you, and not the means.

Txt Ch. 20 §8 - The Vision of Sinlessness

Vision would not be necessary had judgment not been made. Desire now its whole undoing and it is done for you.

Rejoice in what is yours but for the asking, and think not that you need make either means or end. All this is given you who would but see your brother sinless. All this is given, waiting on your desire but to receive it.

Think but an instant just on this; you can behold the holiness God gave his Son. And never need you think that there is something else for you to see.

Txt Ch. 21 §1 - Reason and Perception

Seek not to change the world, but choose to change your mind about the world.

Damnation is your judgment on yourself, and this you will project upon the world... If you see holiness and hope, you joined the Will of God to set him free. There is no choice that lies between these two decisions. You will see the witness to the choice you made, and learn from this to recognize which one you chose.

Txt Ch. 21 §2 - **The Forgotten Song**

It is not necessary to imagine what the world must look like. It must be seen before you recognize it for what it is.

There is no need to learn through pain. And gentle lessons are acquired joyously, and are remembered gladly.

Your question is whether the means by which this course is learned will bring to you the joy it promises. If you believed it would, the learning of it would be no problem.

When you see it in your brother, you remember for everyone.

Txt Ch. 21 §3 - **The Responsibility for Sight**

If you choose against [willingness] now it will not be because it is obscure, but rather that this little cost seemed, in your judgment, to be too much to pay for peace.

Say only this, but mean it with no reservations, for here the power of salvation lies:

I am responsible for what I see.
I choose the feelings I experience,
I decide upon the goal I would achieve.
Everything that seems to happen to me I ask for,
and receive as I have asked.

Deceive yourself no longer that you are helpless in the face of what is done to you. Acknowledge but that you have been mistaken, and all effects of your mistakes will disappear.

Begrudge not then this little offering. Withhold it, and you keep the world as now you see it... You must accept its strength, and not its weakness. You must perceive that what is strong enough to make a world can let it go, and can accept correction if it is willing to see that it was wrong.

All you are asked to do is let it in; only to stop your interference with what will happen of itself; simply to recognize again the presence of what you thought you gave away.

Txt Ch. 21 §4 - **Faith, Belief and Vision**

What faith you give to sin you take away from holiness. And what you offer holiness has been removed from sin.

Faith and belief and vision are the means by which the goal of holiness is reached.

Faithlessness is not a lack of faith, but faith in nothing.

Holiness would set your brother free, removing hatred by removing fear, not as a symptom, but at its source.

The instant for recognition is at hand. Join your awareness to what has been already joined.

Txt Ch. 21 §5 - **The Fear to Look Within**

You are indeed afraid to look within and see the sin you think is there.

A holy relationship is one in which you join with what is part of you in truth.

Look gently on your brother, and remember the ego's weakness is revealed in both your sight... Little child, innocent of sin, follow in gladness the way to certainty. Be not held back by fear's insane insistence that sureness lies in doubt.

Txt Ch. 21 §6 - **The Function of Reason**

The voice you choose to hear, and the sights you choose to see, depends entirely your whole belief in what you are.

Reality needs no cooperation from you to be itself. But your awareness of it needs your help, because it is your choice.

Knowledge is far beyond attainment of any kind. But reason can serve to open doors you closed against it.

You have come very close to this. Faith and belief have shifted, and you have asked the question the ego will never ask.

Txt Ch. 21 §7 - Reason versus Madness

Reason will tell you that when you think you sin, you call for help. Yet if you will not accept the help you call for, you will not believe that it is yours to give.

Reason tells you that you cannot see your brother or yourself as sinful and still perceive the other innocent.

You do not leave insanity by going somewhere else. You leave it simply by accepting reason where madness was.

The instant that you choose to let yourself be healed, in that same instant is his whole salvation seen as complete with yours.

Spend but an instant in the glad acceptance of what is given you to give your brother, and learn with him what has been given both of you.

Txt Ch. 21 §8 - The Last Unanswered Question

The army of the powerless must be disbanded in the presence of strength. Those who are strong are never treacherous, because they have no need to dream of power or to act out their dream.

Only ask these questions, which [you] must decide, to have it done for [you]:

Do I desire a world I rule instead of one that rules me?

Do I desire a world where I am powerful instead of helpless?

Do I desire a world in which I have no enemies and cannot sin?

Do I want to see what I denied because it is the truth?

As you look on the effects of sin in any form, all you need do is simply ask yourself:

Is this what I would see? Do I want this?

This is your one decision; the condition for what occurs. It is irrelevant to how, but not to why. You have control of this.

Txt Ch. 21 §9 - **The Inner Shift**

The constancy of joy is a condition quite alien to your understanding. Yet if you could even imagine what it must be, you would desire it although you understand it not.

What you desire you receive, and happiness is constant, [so] you need ask for it but once to have it always.

You who complete God's will and are his happiness, whose will is powerful as his, a power that is not lost in your illusions, think carefully why you have not yet decided how you would answer the final question... it is the final one that really asks if you are willing to be wholly sane.

Txt Ch. 22 §1 - **Salvation and the Holy Relationship**

A holy relationship starts from a different premise. Each one has looked within and seen no lack. Accepting his completion, he would extend it by joining with another, whole as himself. He sees no difference between these selves, for differences are only of the body. Therefore, he looks on nothing he would take. He denies not his own reality because it is the truth. Just under Heaven does he stand, but close enough not to return to earth.

Txt Ch. 22 §2 - **Message of the Holy Relationship**

You wandered in without a plan of any kind except to wander off.

Let not your fear of sin protect it from correction, for the attraction of guilt is only fear. Here is the one emotion that you made, whatever it may seem to be. This is the emotion of secrecy, of private thoughts and of the body. This is the one emotion that opposes love, and always leads to sight of differences and loss of sameness. Here is the one emotion that keeps you blind, dependent on the self you think you made to lead you through the world it made for you.

Txt Ch. 22 §3 - **Your Brother's Sinlessness**

To change illusions is to make no change.

You can be sure indeed that any seeming happiness that does not last is really fear. Joy does not turn to sorrow, for the eternal cannot change.

The only way to escape from misery is to recognize it and go the other way... To believe that one exception can exist is to confuse what is the same with what is different.

This is a crucial period in this course, for the separation of you and the ego must be made complete... There is no point in trying to avoid this one decision.

Forsake not your brother. For you who are the same will not decide alone nor differently... This course will be believed entirely or not at all.

Behold the great projection, but look on it with the decision that it must be healed, and not with fear. Nothing you made has any power over you.

Txt Ch. 22 §4 - **Reason and the Forms of Error**

The introduction of reason into the ego's thought system is the beginning of its undoing, for reason and the ego are contradictory... You can see reason. This is not a play on words, for here is the beginning of a vision that has meaning. Vision is sense... If it is not the body's sight, it must be understood.

The ego's whole continuance depends on its belief you cannot learn this course.

Everything the body's eyes can see is a mistake, an error in perception, a distorted fragment of the whole without the meaning that the whole would give.

See how the body's eyes rest on externals and cannot go beyond. Watch how they stop at nothingness, unable to go beyond the form to meaning.

Txt Ch. 22 §5 - **The Branching of the Road**

The whole purpose of coming this far was to decide which branch you will take now. The way you came no longer matters. It can no longer serve. No one who reaches this far can make the wrong decision, although he can delay.

You are here to let [the message] be received. God's offer still is open, yet it waits acceptance. From you who have accepted it is it received. Into your joined hands is it safely given, for you who share it have become its willing guardians and protectors.

Txt Ch. 22 §6 - **Weakness and Defensiveness**

Merely by letting reason tell you that [illusions] contradict reality, they go against what must be true... Reality opposes nothing. What merely is needs no defense, and offers none. Only illusions need defense because of weakness.

Consider what the ego wants defenses for. Always to justify what goes against the truth, flies in the face of reason and makes no sense.

Only uncertainty can be defensive. And all uncertainty is doubt about yourself.

Txt Ch. 22 §7 - **The Light of the Holy Relationship**

No one but yearns for freedom and tries to find it. Yet he will seek for it where he believes it is and can be found.

Child of peace, the light has come to you. The light you bring you do not recognize, and yet you will remember.

You will see your value through your brother's eyes, and each one is released as he beholds his savior in place of the attacker who he thought was there.

Only the different can attack. So you conclude because you can attack, you must be different.

Txt Ch. 23 §1 - **The War Against Yourself**

The sinless cannot fear, for sin of any kind is weakness.

Walk you in glory, with your head held high, and fear no evil.
The innocent are safe because they share their innocence.

Let not the little interferers pull you to littleness. There can be no attraction of guilt in innocence. Think what a happy world you walk, with truth beside you!

Txt Ch. 23 §2 - **The Irreconcilable Beliefs**

The memory of God comes to the quiet mind. It cannot come where there is conflict...

There is nothing you could attack that is not part of you.

See how the conflict of illusions disappears when it is brought to truth!

Txt Ch. 23 §3 - **The Laws of Chaos**

Look upon [chaos] calmly, that we may look beyond ... understanding what they are, not what they maintain... They govern nothing, and need ... merely looked upon and gone beyond.

The **first** chaotic law is that the truth is different for everyone.

The **second** law of chaos ... is that each one must sin, and therefore deserves attack and death.

The **third** ... belief seems to make chaos eternal. For if God cannot be mistaken, He must accept His Son's belief in what he is, and hate him for it.

Final principle of chaos comes to the rescue. It holds there is a substitute for love.

Take not one step in the descent to hell. For having taken one, you will not recognize the rest for what they are.

Txt Ch. 23 §4 - **Salvation without Compromise**

If it is true [that] attack in any form will hurt you, and will do so just as much as in another form that you do recognize, then it must follow that you do not always recognize the source of pain.

Those who believe that peace can be defended, and that attack is justified on its behalf, cannot perceive it lies within them.

Mistake not truce for peace, nor compromise for the escape from conflict. To be released from conflict means that it is over.

Txt Ch. 23 §5 - **Above the Battleground**

Do not remain in conflict, for there is no war without attack... What is not loving must be an attack.

Your part [is] to realize that murder in any form is not your will. The overlooking of the battleground is now your purpose.

When the temptation to attack rises to make your mind darkened and murderous, remember you can see the battle from above... The signs you know. There is a stab of pain, a twinge of guilt, and above all, a loss of peace... When they occur leave not your place on high, but quickly choose a miracle.

Txt Ch. 24 §1 - **The Goal of Specialness**

Forget not that the motivation for this course is the attainment and the keeping of the state of peace. Given this state the mind is quiet, and the condition in which God is remembered is attained.

To learn this course requires willingness to question every value that you hold. Not one can be kept hidden and obscure but it will jeopardize your learning.

Txt Ch. 24 §2 - Specialness as a Substitute for Love

To withhold the smallest gift is not to know love's purpose. Love offers everything forever. Hold back but one belief, one offering, and love is gone...

The secret enemies of peace, your least decision to choose attack instead of love, unrecognized and swift to challenge you ..., are there by your election. Do not deny their presence nor their terrible results.

Look fairly at whatever makes you give your brother only partial welcome, or would let you think that you are better off apart.

Txt Ch. 24 §3 - The Treachery of Specialness

Comparison must be an ego device, for love makes none.

Pursuit of specialness is always at the cost of peace.

You can defend your specialness, but never will you hear the Voice for God beside it.

Think of the loveliness that you will see within yourself, when you have looked on him as on a friend.

Txt Ch. 24 §4 - The Forgiveness of Specialness

Forgiveness is the end of specialness. Only illusions can be forgiven, and then they disappear. Forgiveness is release from all illusions, and that is why it is impossible but partly to forgive.

Whatever form of specialness you cherish, you have made sin.

God asks for your forgiveness.

Open your eyes a little; see the savior God gave to you that you might look on him, and give him back his birthright. It is yours.

Txt Ch. 24 §5 - **Specialness versus Sinlessness**

Minds can change as they desire. What they are, and all their attributes, they cannot change. But what they hold as purpose can be changed, and body states must shift accordingly.

Consider, and consider well, whether it is your wish that you might see your brother sinless. To specialness the answer must be "no".

Only this is certain in this shifting world that has no meaning in reality: When peace is not with you entirely, and when you suffer pain of any kind, you have beheld some sin within your brother, and have rejoiced at what you thought was there.

Txt Ch. 24 §6 - **The Christ in You**

The Christ in you is very still... He rejoices at what He sees, because He knows that it is one with Him...

There must be doubt before there can be conflict. And every doubt must be about yourself.

Txt Ch. 24 §7 - **Salvation from Fear**

While he is what he is, you can be sure that God is knowable and will be known to you. He could never leave His Own creation. And the sign that this is so lies in your brother, offered you that all your doubts about yourself may disappear before his holiness. See in him God's creation.

Let not your eyes be blinded by the veil of specialness...

To the dedication to the truth ... no sacrifice is asked ... and all the power of Heaven and the might of truth itself is given to provide the means, and guarantee the goal's accomplishment.

You who believe it easier to see your brother's body than his holiness, be sure you understand what made this judgment. Here is the voice of specialness heard clearly.

Txt Ch. 24 §8 - The Meeting Place

Seek not to make your specialness the truth, for if it were you would be lost indeed. Be thankful, rather, it is given you to see his holiness because it is the truth. And what is true in him must be as true in you.

It is essential it be kept in mind that all perception still is upside down until its purpose has been understood.

It is given you to make a different choice, and use perception for a different purpose.

Txt Ch. 25 §1 - The Justice of God

No one who carries Christ in him can fail to recognize Him everywhere. Except in bodies. And as long as he believes he is in a body, where he thinks he is He cannot be.

The body needs no healing. But the mind that thinks it is a body is sick indeed!

Txt Ch. 25 §2 - The Link to Truth

It cannot be that it is hard to do the task that Christ appointed you to do, since it is He Who does it. And in the doing of it will you learn the body merely seems to be the means to do it.

Perception is a choice of what you want yourself to be; the world you want to live in, and the state in which you think your mind will be content and satisfied.

Since you believe that you are separate, Heaven presents itself to you as separate, too.

It is the Holy Spirit's function to teach you how oneness is experienced, what you must do that it can be experienced, and where you should go to do it.

Txt Ch. 25 §3 - **The Savior from the Dark**

The only value that the past can hold is that you learn it gave you no rewards which you would want to keep. For only thus will you be willing to relinquish it, and have it gone forever.

Its past has failed. Be glad that it is gone within your mind, to darken what is there.

Forgive your brother, and you cannot separate yourself from him nor from his Father. You need no forgiveness, for the wholly pure have never sinned. Give, then, what He has given you.

Txt Ch. 25 §4 - **Perception and Choice**

To the extent to which you recognize that guilt is meaningless, to that extent you will perceive attack cannot be justified.

Perception rests on choosing; knowledge does not.

Let all your brother's errors be to you nothing except a chance for you to see the workings of the Helper given you to see the world He made instead of yours.

You make [choice] now, the instant when all time becomes a means to reach a goal. Make, then, your choice. But recognize that in this choice the purpose of the world you see is chosen, and will be justified.

Txt Ch. 25 §5 - **The Light You Bring**

You will rejoice at what you see because you see it to rejoice. "And while you think that suffering and sin will bring you joy, so long will they be there for you to see.

Take rest and comfort in another world where peace abides.

Those who offer peace to everyone have found a home in Heaven the world cannot destroy.

Txt Ch. 25 §6 - **The State of Sinlessness**

The Son of God asks only this of you; that you return to him what is his due, so that you may share in it with him.

Look once again upon your brother, not without the understanding that he is the way to Heaven or to hell, as you perceive him. But forget not this; the role you give to him is given you, and you will walk the way you pointed out to him because it is your judgment on yourself.

Txt Ch. 25 §7 - **The Special Function**

Here, where the laws of God do not prevail in perfect form, can he yet do one perfect thing and make one perfect choice. And by this act of special faithfulness to one perceived as other than himself, he learns the gift was given to himself, and so they must be one. Forgiveness is the only function meaningful in time. It is the means the Holy Spirit uses to translate specialness from sin into salvation.

The Holy Spirit needs your special function, that His may be fulfilled... Do this one thing, that everything be given you.

Txt Ch. 25 §8 - **The Rock of Salvation**

If but one Thought of His is true, then all beliefs the world gives any meaning to are false, and make no sense at all. This is the choice you make. Do not attempt to see it differently, nor twist it into something it is not. For only this decision can you make.

Who thinks the world is sane in any way, is justified in anything it thinks, or is maintained by any form of reason, believes this to be true. Sin is not real...

Test everything that you believe against this one requirement, and understand that everything that meets this one demand is worthy of your faith.

Txt Ch. 25 §9 - **Justice Returned to Love**

The Holy Spirit can use all that you give to Him for your salvation. But He cannot use what you withhold, for He cannot take it from you without your willingness.

Here is the only principle salvation needs. Nor is it necessary that your faith in it be strong, unswerving, and without attack from all beliefs opposed to it... You are not called upon to do what one divided still against himself would find impossible.

It is extremely hard for those who still believe sin meaningful to understand the Holy Spirit's justice.

How little need you give the Holy Spirit that simple justice may be given you.

Your special function shows you nothing else but perfect justice can prevail for you.

Txt Ch. 25 §10 - **The Justice of Heaven**

To give reluctantly is not to gain the gift, because you are reluctant to accept it.

Nothing you give is lost to you or anyone, but cherished and preserved in Heaven.

Be certain any answer to a problem the Holy Spirit solves will always be one in which no one loses.

Unless you think that all your brothers have an equal right to miracles with you, you will not claim your right to them because you were unjust to one with equal rights. Seek to deny and you will feel denied. Seek to deprive, and you have been deprived.

The little problems that you keep and hide become your secret sins, because you did not choose to let them be removed for you.

The miracle that you receive, you give. Each one becomes an illustration of the law on which salvation rests; that justice must be done to all, if anyone is to be healed.

Txt Ch. 26 §1 - **The Sacrifice of Oneness**

To see a brother in another body, separate from yours, is the expression of a wish to see a little part of him and sacrifice the rest. Look at the world, and you will see nothing attached to anything beyond itself.

To accept the limits of a body is to impose these limits on each brother whom you see. [Because] you must see him as you see yourself.

Txt Ch. 26 §2 - **Many Forms; One Correction**

A problem can appear in many forms, and it will do so while the problem lasts... It will recur and then recur again and yet again, until it has been answered for all time and will not rise again in any form. And only then are you released from it.

Each time you keep a problem for yourself to solve, or judge that it is one that has no resolution, you have made it great, and past the hope of healing.

Think how great your own release will be when you are willing to receive correction for all your problems.

All you need to do is but to wish that Heaven be given you instead of hell.

Txt Ch. 26 §3 - **The Borderland**

There is a borderland of thought that stands between this world and Heaven. It is not a place, and when you reach it is apart from time... Here sin denied, and everything that is received instead.

In this world there are no simple facts, because what is the same and what is different remain unclear. The one essential thing to make a choice at all is this distinction.

Txt Ch. 26 §4 - **Where Sin Has Left**

No one forgives unless he has believed in sin, and still believes that he has much to be forgiven. Forgiveness always rests upon the one who offers it, until he sees himself as needing it no more.

Txt Ch. 26 §5 - **The Little Hindrance**

A little hindrance can seem large indeed to those who do not understand that miracles are all the same... You but choose whether to go toward Heaven, or away to nowhere. There is nothing else to choose.

Nothing is ever lost but time, which in the end is meaningless.

In each unforgiving act or thought, in every judgment and in all belief in sin, is [an] instant still called back, as if it could be made again in time.

Forget the time of terror that has been so long ago corrected and undone.

Forgive the past and let it go, for it is gone.

Txt Ch. 26 §6 - **The Appointed Friend**

Anything in this world that you believe is good and valuable and worth striving for can hurt you, and will do so... because you have denied it is but an illusion.

Lead not your little life in solitude, with one illusion as your only friend.

Yet God has given him a better Friend... Without Him you are friendless. Seek not another friend to take His place.

Who dwells with shadows is alone indeed... Make no illusion friend, for if you do, it can but take the place of Him Whom God has called your Friend.

Txt Ch. 26 §7 - **The Laws of Healing**

The laws of healing must be understood before the purpose of the course can be accomplished.

- All sickness comes from separation.
- Guilt asks for punishment, and its request is granted.
- Perception's laws are opposite to truth.
- God's answer lies where the belief in sin must be.
- It is impossible that one illusion be less amenable to truth than are the rest.
- Sin is not error, for it goes beyond correction to impossibility.
- Nothing gives meaning where no meaning is.
- Forgiveness takes away what stands between your brother and yourself.
- Salvation, perfect and complete, asks but a little wish that what is true is true.
- God wills His Son have everything.
- Consider what the error is, so it can be corrected, not protected.
- Cause and effect are one, not separate.
- The miracle is possible when cause and consequence are brought together, not kept separate.
- Illusions serve the purpose they were made to serve.
- The miracle but calls your ancient Name.
- In crucifixion is redemption laid, for healing is not needed where there is no pain or suffering.
- To use the power God has given you as He would have it used is natural.
- Abide in peace, where God would have you be.
- Your ancient Name belongs to everyone, as theirs to you.

Txt Ch. 26 §8 - **The Immediacy of Salvation**

The one remaining problem you have is that you see an interval between ... when you forgive and will receive the benefits of trusting in your brother.

Space between you and your brother is apparent only in the present, now, and cannot be perceived in future time.

Be not content with future happiness. It has no meaning, and is not your just reward. For you have cause for freedom now.

Txt Ch. 26 §9 - **For They Have Come**

Think how holy you must be from whom the Voice for God calls lovingly unto your brother, that you may awake in him the Voice that answers to your call!

Around you angels hover lovingly, to keep away all darkened thoughts of sin, and keep the light where it has entered in.

Txt Ch. 26 §10 - **The End of Injustice**

You have a differential view of when attack is justified, and when you think it is unfair and not to be allowed. When you perceive it as unfair, you think that a response of anger now is just. And thus you see what is the same as different.

Unfairness and attack are one mistake, so firmly joined that where one is perceived the other must be seen. You cannot be unfairly treated. The belief you are is but another form of the idea you are deprived by someone not yourself.

Each unfairness that the world appears to lay upon you, you have laid on it by rendering it purposeless.

If you perceive injustice anywhere, you need but say:

By this do I deny the Presence of the Father and the Son.
And I would rather know of Them than see injustice, which
Their Presence shines away.

Txt Ch. 27 §1 - **The Picture of Crucifixion**

Walk you the gentle way, and you will fear no evil and no shadows in the night. But place no terror symbols on your path, or you will weave a crown of thorns from which your brother and yourself will not escape. You cannot crucify yourself alone.

Wish not to make yourself a living symbol of his guilt...

You will not escape the death you made for him. But in his innocence you find your own.

The power of witness is beyond belief because it brings conviction in its wake. The witness is believed because he points beyond himself to what he represents.

Now in the hands made gentle by His touch, the Holy Spirit lays a picture of a different you... Show this unto your brother, who will see that every scar is healed, and every tear is wiped away in laughter and in love.

Attest his innocence and not his guilt. Your healing is his comfort and his health because it proves illusions are not true.

Your function is to show your brother sin can have no cause.

The body can become a sign of life, a promise of redemption, and a breath of immortality to those grown sick of breathing in the fetid scent of death. Let it have healing as its purpose. Then will it send forth the message it received, and by its health and loveliness proclaim the truth and value that it represents. Let it receive the power to represent an endless life, forever un-attacked. And to your brother let its message be, "Behold me, brother, at your hand I live."

The simple way to let this be achieved is merely this; to let the body have no purpose from the past, when you were sure you knew its purpose was to foster guilt. For this insists your crippled picture is a lasting sign of what it represents. This leaves no space in which a different view, another purpose, can be given it.

Txt Ch. 27 §2 - **The Fear of Healing**

Forgiveness is not real unless it brings a healing to your brother and yourself. You must attest his sins have no effect on you to demonstrate they are not real.

Your body can be means to teach that it has never suffered pain because of him. And in its healing can it offer him mute testimony of his innocence.

Txt Ch. 27 §3 - **Beyond All Symbols**

The picture of your brother that you see means nothing. There is nothing to attack or to deny; to love or hate, or ... to see as weak... Let the empty space it occupies be recognized as vacant, and the time devoted to its seeing be perceived as idly spent.

An empty space that is not seen as filled, an unused interval of time not seen as spent and fully occupied, become a silent invitation to the truth to enter, and to make itself at home.

Txt Ch. 27 §4 - **The Quiet Answer**

In quietness are all things answered, and every problem quietly resolved. In conflict there can be no answer and no resolution... you cannot answer anything, for conflict has no limited effects.

In your state of mind, solution is impossible... It must be pointless to attempt to solve a problem where the answer cannot be. Yet just as surely it must be resolved, if it is brought to where the answer is.

All questions asked within this world are but a way of looking, not a question asked.

Only within the holy instant can an honest question honestly be asked.

Txt Ch. 27 §5 - **The Healing Example**

The only way to heal is to be healed. The miracle extends without your help, but you are needed that it can begin. Accept the miracle of healing, and it will go forth because of what it is.

If you are afraid of healing, then it cannot come through you.

Come to the holy instant and be healed, for nothing that is there received is left behind on your returning to the world.

Txt Ch. 27 §6 - **The Witnesses to Sin**

This body, purposeless within itself, holds all your memories and all your hopes. You use its eyes to see, its ears to hear, and let it tell you what it is it feels. It does not know.

It matters not the name by which you called your suffering.

There is no need to suffer any more. But there is need that you be healed, because the suffering and sorrow of the world have made it deaf to its salvation and deliverance.

The resurrection of the world waits your healing and your happiness, that you may demonstrate healing of the world. The holy instant will replace sin if you but carry its effects with you.

Txt Ch. 27 §7 - **The Dreamer of the Dream**

Now you are being shown you can escape. All that is needed is you look upon the problem as it is, and not the way that you have set it up.

The cause produces the effects, which then bear witness to the cause, and not themselves. Look, then, beyond effects... dwell not on the suffering and sin, for they are but reflections of their cause.

Accept the dream He gave instead of yours. It is not difficult to change a dream when once the dreamer has been recognized.

Txt Ch. 27 §8 - **The "Hero" of the Dream**

The body's serial adventures, from the time of birth to dying are the theme of every dream the world has ever had... This single lesson does it try to teach again, and still again, and yet once more; that it is cause and not effect. And you are its effect, and cannot be its cause.

Let us merely look upon the dream's beginning, for the part you see is but the second part, whose cause lies in the first. No one asleep and dreaming in the world remembers his attack upon himself.

The secret of salvation is but this: that you are doing this unto yourself.

Txt Ch. 28 §1 - **The Present Memory**

Remembering a cause can but produce illusions of its presence, not effects.

You are so long accustomed to believe that memory holds only what is past, that it is hard for you to realize it is a skill that can remember now... There is no link of memory to the past. If you would have it there, then there it is. But only your desire made the link, and only you have held it to a part of time where guilt appears to linger still.

All of the strange associations made to keep the past alive, the present dead, are stored within it, waiting your command that they be brought to you, and lived again.

Remember nothing that you taught yourself, for you were badly taught... When ancient memories of hate appear, remember that their cause is gone.

What you remember never was. It came from causelessness which you confused with cause.

Have no fear that He will fail in what He wills. Nor that you be excluded from the Will that is for you.

Txt Ch. 28 §2 - Reversing Effect and Cause

The cause of healing is the only Cause of everything. It has but one Effect. And in that recognition, causelessness is given no effects and none is seen. A mind within a body and a world of other bodies, each with separate minds, are your "creations," you the "other" mind, creating with effects unlike yourself.

If you are the dreamer, you perceive this much at least: that you have caused the dream, and can accept another dream as well. But ... it must be realized that it is you who dreamed the dreaming that you do not like.

The miracle is useless if you learn but that the body can be healed, for this is not the lesson it was sent to teach. The lesson is the mind was sick that thought the body could be sick

Txt Ch. 28 §3 - The Agreement to Join

The miracle alone is your concern at present... Without support, the dream will fade away without effects. For it is your support that strengthens it.

If you withhold agreement and accept the part you play in making sickness real, the other mind cannot project its guilt without your aid in letting it perceive itself as separate and apart from you.

Txt Ch. 28 §4 - The Greater Joining

There is a way of finding certainty right here and now. Refuse to be a part of fearful dreams whatever form they take, for you will lose identity in them... what is real and what is but illusion in yourself you do not know and cannot tell apart.

Be certain, if you do your part, he will do his, for he will join you where you stand.

Join not your brother's dreams but join with him.

Txt Ch. 28 §5 - **The Alternate to Dreams of Fear**

It is the sharing of the evil dreams of hate and malice, bitterness and death, of sin and suffering and pain and loss that makes them real. Unshared, they are perceived as meaningless. The fear is gone from them because you did not give them your support. Where fear has gone there love must come, because there are but these alternatives. Where one appears, the other disappears. And which you share becomes the only one you have. You have the one that you accept, because it is the only one you wish to have.

Sights and sounds the body can perceive are meaningless. It cannot see nor hear. It does not know what seeing is; what listening is for.

You, who believe there is a little gap between you and your brother, do not see that it is here you are as prisoners in a world perceived to be existing here... Look at the little gap, and you behold the innocence and emptiness of sin that you will see within yourself, when you have lost the fear of recognizing love.

Txt Ch. 28 §6 - **The Secret Vows**

The thing you hate and fear and loathe and want, the body does not know. You send it forth to seek for separation and be separate. And then you hate it, not for what it is, but for the uses you have made of it. You shrink from what it sees and what it hears, and hate its frailty and littleness. And you despise its acts, but not your own.

The body represents the gap between the little bit of mind you call your own and all the rest of what is really yours. You hate it, yet you think it is yourself, and that, without it, would your self be lost.

Let this be your agreement with each one; that you be one with him and not apart.

Txt Ch. 28 §7 - The Ark of Safety

There is no middle ground in any aspect of salvation. You accept it wholly or accept it not. What is unseparated must be joined. And what is joined cannot be separate.

Either there is a gap between you and your brother, or you are as one. There is no in between, no other choice, and no allegiance to be split between the two. A split allegiance is but faithlessness to both, and merely sets you spinning round, to grasp uncertainly at any straw that seems to hold some promise of relief.

With this as purpose is the body healed. It is not used to witness to the dream of separation and disease.

To be alone must mean you are apart, and if you are, you cannot but be sick. This seems to prove that you must be apart. Yet all it means is that you tried to keep a promise to be true to faithlessness. Yet faithlessness is sickness.

Txt Ch. 29 §1 - The Closing of the Gap

The fear of God! The greatest obstacle that peace must flow across has not yet gone. The rest are past, but this one still remains to block your path, and make the way to light seem dark and fearful, perilous and bleak. You had decided that your brother is your enemy.

It is not love that asks a sacrifice. But fear demands the sacrifice of love, for in love's presence fear cannot abide. For hate to be maintained, love must be feared; and only sometimes present, sometimes gone... You do not see how limited and weak is your allegiance, and how frequently you have demanded that love go away, and leave you quietly alone in "peace."

Yet all that happens when the gap is gone is peace eternal. Nothing more than that, and nothing less.

Txt Ch. 29 §2 - **The Coming of the Guest**

Until you realize you give up nothing, until you understand there is no loss, you will have some regrets about the way that you have chosen. And you will not see the many gains your choice has offered you. Yet though you do not see them, they are there.

You have accepted healing's cause, and so it must be you are healed. And being healed, the power to heal must also now be yours... Look inward now, and you will not behold a reason for regret, but cause indeed for glad rejoicing and for hope of peace.

Your Guest has come. You asked Him, and He came. You did not. Sickness is a demand the body be a thing that it is not. Its nothingness is guarantee that it cannot be sick. In your demand that it be more than this lies the idea of sickness.

Txt Ch. 29 §3 - **God's Witnesses**

Condemn your savior not because he thinks he is a body. For beyond his dreams is his reality.

Within the dream of bodies and of death is yet one theme of truth... You cannot wake yourself. Yet you can let yourself be wakened.

Whom you forgive is given power to forgive you your illusions. By your gift of freedom is it given unto you!

Make way for love, which you did not create, but which you can extend.

Now the light in you must be as bright as shines in him. This is the spark that shines within the dream; that you can help him waken, and be sure his waking eyes will rest on you.

Txt Ch. 29 §4 - Dream Roles

The choice is not between which dreams to keep, but only if you want to live in dreams or to awaken from them. Thus it is the miracle does not select some dreams to leave untouched by its beneficence. You cannot dream some dreams and wake from some, for you are either sleeping or awake.

The dreams you think you like would hold you back as much as those in which the fear is seen. For every dream is but a dream of fear, no matter what the form it seems to take. The fear is seen within, without, or both. Or it can be disguised in pleasant form.

In simplest form, it can be said attack is a response to function unfulfilled as you perceive the function. It can be in you or someone else, but where it is perceived it will be there it is attacked.

Txt Ch. 29 §5 - The Changeless Dwelling Place

The still infinity of endless peace surrounds you gently in its soft embrace, so strong and quiet, tranquil in the might of its Creator...

If you but knew the glorious goal that lies beyond forgiveness, you would not keep hold on any thought, however light the touch of evil on it may appear to be.

Txt Ch. 29 §6 - Forgiveness and the End of Time

Think not that you can set a goal unlike God's purpose for you, and establish it as changeless and eternal. You can give yourself a purpose that you do not have.

For even though it was a dream of death, you need not let it stand for this to you. Let this be changed, and nothing in the world but must be changed as well.

Txt Ch. 29 §7) - **Seek Not Outside Yourself**

For it will fail, and you will weep each time an idol falls... But it is given you to know the truth, and not to seek for it outside yourself.

To sacrifice is to give up, and thus to be without and to have suffered loss.

Let us forget the purpose of the world the past has given it.

An idol cannot take the place of God. Let Him remind you of His Love for you

Txt Ch. 29 §8 - **The Anti-Christ**

Let not their form deceive you. Idols are but substitutes for your reality.

The world believes in idols. No one comes unless he worshipped them, and still attempts to seek for one that yet might offer him a gift reality does not contain... Be not deceived by forms the "something" takes. An idol is a means for getting more.

Txt Ch. 29 §9 - **The Forgiving Dream**

Judge not, for he who judges will have need of idols, which will hold the judgment off from resting on himself.

It is a [false] dream of judgment. So must he judge not, and he will waken... Judge not, because you make yourself a part of evil dreams, where idols are your "true" identity, and your salvation from the judgment laid in terror and in guilt upon yourself.

Whenever you feel fear in any form,--and you are fearful if you do not feel a deep content, a certainty of help, a calm assurance Heaven goes with you,--be sure you made an idol, and believe it will betray you... Your self-betrayal must result in fear, for fear is judgment, leading surely to the frantic search for idols and for death.

Txt Ch. 30 §1 - **The New Beginning**

The goal is clear, but now you need specific methods for attaining it.

The speed by which it can be reached depends on this one thing alone: your willingness to practice every step.

Txt Ch. 30 §2 - **Rules for Decision**

1. The outlook starts with this:
Today I will make no decisions by myself.
2. Thru the day, any time you ... have a quiet moment for reflection, tell yourself the kind of day you want; the feelings you would have, the things you want to happen, and the things you would experience, and say:
If I make no decisions by myself, this is the day that will be given me.
3. Remember again the day you want, [if] something has occurred that is not part of it. Then realize that you have asked a question yourself, and must have an answer in your terms. Then say:
I have no question. I forgot what to decide.
4. If you are so unwilling to receive you cannot even let your question go, you can begin to change your mind with this:
At least I can decide I do not like what I feel now.
5. Having decided that you do not like the way you feel, what could be easier than to continue with:
And so I hope I have been wrong.
6. You are not coerced, but merely hope to get a thing you want. And you can say in perfect honesty:
I want another way to look at this.
7. This final step is but acknowledgment of lack of opposition to be helped. It is a statement of an open mind:
Perhaps there is another way to look at this. What can I lose by asking?

Txt Ch. 30 §3 - **Freedom of Will**

How wonderful it is to do your will! For that is freedom. There is nothing else that ever should be called by freedom's name. Unless you do your will you are not free.

Look once again upon your enemy, the one you chose to hate instead of love. For thus was hatred born into the world, and thus the rule of fear established there... Remember Him Who has created you, and through your will created everything.

It is your will to heal him, and because you have decided with him, he is healed.

Txt Ch. 30 §4 - **Beyond All Idols**

Decide for idols and you ask for loss. Decide for truth and everything is yours.

You do not want an idol. It is not your will to have one. It will not bestow on you the gift you seek. When you decide upon the form of what you want, you lose the understanding of its purpose.

To seek a special person or a thing to add to you to make yourself complete, can only mean that you believe some form is missing.

Txt Ch. 30 §5 - **The Truth behind Illusions**

You attack but false ideas, and never truthful ones.

All illusions that you believe about yourself obey no laws... They must be neither cherished nor attacked, but merely looked upon as children's toys without a single meaning of their own. See one in them and you will see them all. See none in them and they will touch you not.

You are but asked to let your will be done, and seek no longer for the things you do not want.

Txt Ch. 30 §6 - **The Only Purpose**

All things must be first forgiven, and then understood.

How willingly the mind can let them go when it has understood that idols are nothing and nowhere, and are purposeless. For only then can guilt and sin be seen without a purpose.

When an idol tempts you, think of this:

There never was a time an idol brought
you anything except the "gift" of guilt.
Not one was bought except at cost of pain,
nor was it ever paid by you alone.

Txt Ch. 30 §7 - **The Justification for Forgiveness**

Anger is never justified. Attack has no foundation.

Pardon is always justified. It has a sure foundation.

Salvation ... merely asks that you respond appropriately to what is not real by not perceiving what has not occurred.

Forgiveness is the only sane response.

Be not deceived about the meaning of a fixed belief that some appearances are harder to look past than others are.

Txt Ch. 30 §8 - **The New Interpretation**

You add an element into the script you write for every minute in the day, and all that happens now means something else.

You do not have to judge, for you have learned one meaning has been given everything, and you are glad to see it everywhere.

Do not interpret out of solitude, for what you see means nothing. It will shift in what it stands for, and you will believe the world is an uncertain place, in which you walk in danger and uncertainty.

Txt Ch. 30 §9 - **Changeless Reality**

Appearances deceive, but can be changed. Reality is changeless.

The miracle is means to demonstrate that all appearances can change because they are appearances, and cannot have the changelessness reality entails.

Choose what you would heal, and He Who gives all miracles has not been given freedom to bestow His gifts upon God's Son.

Txt Ch. 31 §1 - **The Simplicity of Salvation**

You can no longer say that you perceive no differences in false and true. You have been told exactly how to tell one from the other, and just what to do if you become confused.

Now does your ancient overlearning stand implacable before the Voice of truth, and teach you that Its lessons are not true; too hard to learn, too difficult to see, and too opposed to what is really true.

Hear not the call for this within yourself. But listen, rather, to the deeper call beyond it that appeals for peace and joy.

Txt Ch. 31 §2 - **Walking with Christ**

Pause to think of this:

The answer that I give my brother
is what I am asking for,
and what I learn of him
is what I learn about myself.

Then let us wait an instant and be still, forgetting everything we thought we heard; remembering how much we do not know. This brother neither leads nor follows us, but walks beside us on the selfsame road. He is like us, as near or far away from what we want as we will let him be. We make no gains he does not make with us, and we fall back if he does not advance.

Txt Ch. 31 §3 - **The Self-Accused**

Only the self-accused condemn. As you prepare to make a choice that will result in different outcomes, there is first one thing that must be overlearned. It must become a habit of response so typical of everything you do that it becomes your first response to all temptation, and to every situation that occurs... You never hate your brother for his sins, but only for your own.

Let us be glad that you will see what you believe, and that it has been given you to change what you believe.

Txt Ch. 31 §4 - **The Real Alternative**

What must go with you, you will take with you whatever road you choose to walk along.

Real choice is no illusion. But the world has none to offer. All its roads but lead to disappointment, nothingness and death. There is no choice in its alternatives. Seek not escape from problems here.

The great release of power must begin with learning where it really has a use.

There is a choice that you have power to make when you have seen the real alternatives.

Forgive yourself your madness, and forget all senseless journeys and all goal-less aims.

Txt Ch. 31 §5 - **Self-Concept versus Self**

Beneath the face of innocence there is a lesson that the concept of the self was made to teach.

Concepts are learned. They are not natural. Apart from learning they do not exist. They are not given, so they must be made. Not one of them is true...

Txt Ch. 31 §6 - **Recognizing the Spirit**

You see the flesh or recognize the spirit. There is no compromise between the two... What you decide in this determines all you see and think is real and hold as true.

Constancy arises in the sight of those whose eyes salvation has released from looking at the cost of keeping guilt, because they chose to let it go instead.

Your will be done, you holy child of God. It does not matter if you think you are in earth or Heaven.

Txt Ch. 31 §7 - **The Savior's Vision**

Should one brother dawn upon your sight as wholly worthy of forgiveness, then your concept of yourself is wholly changed. Your "evil" thoughts have been forgiven with his, because you let them all affect you not.

Hold out your hand, that you may have the gift of kind forgiveness which you offer one whose need for it is just the same as yours.

Whatever form temptation seems to take, it always but reflects a wish to be a self that you are not.

Txt Ch. 31 §8 - **Choose Once Again**

Choose once again if you would take your place among the saviors of the world, or would remain in hell, and hold your brothers there.

Learn, then, the happy habit of response to all temptation to perceive yourself as weak and miserable with these words:

I am as God created me.
His Son can suffer nothing. And I am His Son.

END OF PRACTICE EXTRACTS FROM THE TEXT

Practices from the Workbook for Students

Comments

With several important exceptions, practices that can be *separated out* are not really found in the *Lessons*. Although each lesson does constitute a practice, there is no particular advantage in merely relisting them here. The Lessons are absolutely intended to be approached, and *worked*, only from beginning to end. **Without. Exception.** You can choose to do otherwise, but will only delay or deny salvation.

There are traditional reasons that programs like the *Course* were not generally released for public consumption. One is the anticipation factor. These programs are passed on a carefully designed, *step-by-step psychological process*. Put a bit oversimplified, if you know of the content of up-coming lessons, it can warp your sense of the current lesson. Piecemeal approaches are simply ineffective. Anticipation is a gross form of distraction and *prevents the Final Step*.

Diving into the middle of the *Course* and randomly reviewing the material has the same effect as baking a cake by performing the steps out-of-order. The result may be interesting, but is likely to be useless. *The Final Step will not occur*. Those who advocate such use of the *Course* material are literally functioning contrary to the intent stated by the *Course* itself.

However, those who are for any reason unable to work the Lessons will find value in spending as much time as possible training in the methods on the next few pages.

The *Course* won't work unless you work it.

Introduction to the Workbook

The purpose of the *Course*

The intent is to train your mind to a different perception of everything in the world.

Vital consideration

One single exception held apart from true perception makes its accomplishments anywhere impossible.

Remember this:

- You need not believe the ideas
- You need not accept the ideas
- You need not welcome the ideas.
- Some of them you may actively resist.
- None of this will matter, or decrease their operation.
- Do not allow exceptions in applying the ideas.
- Whatever your reactions to the ideas may be, use them.

Nothing more than that is required.

(Lesson #20) - **Devotional Stops**

Frequent stops are a powerful way to maintain orientation. This practice is a step to full-time remembrance. Although the instructions do vary in the early lessons, the stops become more standard.

Even if you are not working the Lessons, stopping to remember oneself can be transformative. It is important to remember that these stops are not to be a casual endeavor.

Initially it may be helpful to see this as training. The first step is to actually begin. The next step is becoming accustomed to these stops; here you should begin to detect changes in your perception. With dedication, this will become more and more natural; then you will see significant advancement in your reactions to events and circumstances.

- Structure is an important part of our Work.
- Remind yourself slowly and positively, twice an hour.
- You should apply this method to any situation of distress, however minor it may seem.

Formula

Use a formula appropriate to the situation. You can also use something similar to:

I am determined to see.

Lesson #44 - **Reach for the Light**

The most important single *specific* practice of the entire Course is the technique introduced in Lesson #44. This describes a critically important skill that must be cultured.

This training marks the beginning of the practice of accomplishment. The concept must be considered very carefully. You should repeat until the skill is developed to achieve success as indicated.

This must be successful if you are to learn to See.

There is no limit to the amount of time you may spend with this type of practice. At least three long sessions per day are specified initially. Longer and more frequent practice creates more rapid success.

This is the absolute simplest form of sitting exercise. There is no particular requirement except to sit quietly and observe the content of your thinking. This practice should be relaxing, so if you encounter resistance or fear, open the eyes and repeat a formula. Make haste gently.

Formula example -- God is the light in which I see.

Sitting practice should become more intense. If you are already able to stop the Internal Dialogue, all the better. However, for now the goal is simply to require your body to be still and listen.

This training must be accomplished if you are to see. The student will be unable to benefit from later ideas unless this skill is developed.

This is a difficult procedure for the undisciplined mind, and this skill is a major goal of training. It requires precisely what the untrained mind lacks.

(Continued on next page.)

Reach for the Light (con't.)

Begin by saying a formula, with your eyes open, such as:

God is the light in which I see.

Close the eyes, repeating the idea several times. Sink into mind; let go of interference by sinking past it. Mind cannot be stopped in this practice unless you choose. It is merely mind's natural state.

Observe passing thoughts without involvement, and slip quietly by them. What is needful for this form of exercise is:

- A sense of the importance of what you are doing
- Its inestimable value
- An awareness of attempting something very holy.

Additional information can be found with the following:

Lesson #45 -	Join the Mind of God
Lesson #47 -	God is the strength in which I trust
Lesson #49 -	God's Voice speaks to me
Lesson #69 -	My grievances hide the light
Lesson #124 -	Let me remember I am one with God
Lesson #125 -	In quiet I receive God's Word today

Remind yourself repeatedly thru the day:

To reach light is to escape from darkness.

Antidotes

All programs that teach salvation have a chest of remedies for the various neuroses that feed suffering. The *Course*, of course, also goes to work on that. Dedicated application of these methods has the potential to radically change the way you perceive and react to uncomfortable circumstances.

These methods must also be approached with the same attitude as described with "Reaching for the Light," above.

(Lesson #74) - **Conflict of Will**

Give special consideration for any conflict that seems difficult to resolve.

Think about it specifically, identifying the person and / or situation, and say this formula:

There is no will but God's. I share it with Him.
My confusion about (this conflict) cannot be real.

Then clear your mind, close the eyes and feel the peace your reality entitles you to. Sink in and feel it close around you.

When you succeed, you feel joy and alertness, not stupor. By this you will recognize it.

If you feel a slip into withdrawal, quickly repeat the formula. Do this as often as necessary.

(Lessons #78) - **Resolve a Grudge**

You have a target for grievance... One you feel hate for; or one you love who angered you; someone you call friend, but whom you see as demanding, irritating or untrue, according to the role you set for him.

Now you will lay the grievances aside and look at him. Today you will see him in this role.

- You will hold him in your mind as you consider him.
- You will review his faults and good points.
- You will regard his body, and you will think of his mistakes and his sins.

We ask of Him Who Knows this Son in reality, that we may look in a different way, and see our savior in the light of forgiveness.

We ask Him in the Name of God and His Son:

Let me behold my savior in this one appointed
as the one for me to ask to lead me to the holy light.

The body's eyes are closed, and you think of him who grieved you, let your mind be shown the light in him beyond grievance.

What you have requested can't be denied. Your savior has been waiting long for this. Holy Spirit leans from him to you.

What you see thru Him will free you both. Be very quiet now, and look upon your shining savior. No grievances obscure sight.

You allowed Holy Spirit to express the role God gave thru him.

Additional information can be found with the following:

- | | |
|--------------|--------------------------------------|
| Lesson 121 - | Forgiveness is the key to happiness |
| Lesson 134 - | Let me perceive forgiveness as it is |

(Lessons #79 & 80) - **Recognize & Solve a Problem**

We will not assume that we already know. We will free our minds of all the many kinds of problems we think we have. We will try to realize that we have only one problem, which we have failed to recognize. We will ask what it is, and wait for the answer. We will be told. Then we will ask for the solution to it. And we will be told.

The exercise will be successful to the extent to which you do not insist on defining the problem. Perhaps you will not succeed in letting all your preconceived notions go, but that is not necessary. All that is necessary is to entertain doubt about your version of your problems.

You are to recognize you have been given the answer by recognizing the problem. Continue by saying:

Let me recognize this problem so it can be solved.

Suspend judgment about the problem. Close the eyes ask what it is. You will be heard and you will be answered.

The problem must be gone, because God's answer cannot fail. Having recognized one, you have recognized the other. The solution is inherent in the problem.

Now let the peace that acceptance brings be given you. Close the eyes, and receive your reward.

Recognize that your problems have been solved.

Recognize that you are out of conflict; free and at peace.

Above all, remember you have one problem,
and it has one solution.

(Lesson #133) - **Criteria to Test All Things**

Unless what you think you want meet the following requirements, they are not worth desiring at all, for they only replace what offers more.

The choosing you can do; you must. But learn the laws you set in motion when you choose. There are but two alternatives, this we cannot change.

There is no compromise in what your choice brings; it is everything or nothing.

1. If you choose a thing that will not last forever, what you chose is valueless. Time can never take away a value that is real.
2. If you choose to take from someone else, you will have nothing. When you deny his right, you deny your own. Loss must offer loss and nothing more.
3. Why is the choice of value to you? What attracts your mind? What purpose does it serve? Here it is easy to be deceived.
4. If you feel any guilt about the choice, you allow ego to come between the real. You do not realize the alternative seems fearful and dangerous.

All things are valuable or valueless, worthy or not of being sought at all, entirely desirable or not worth the slightest effort to obtain. Choosing is easy just because of this.

Complexity is nothing but a screen of smoke, which hides the very simple fact that no decision can be difficult.

Lessons #135 - **To not defend**

Who would defend himself unless he thought he was attacked, that the attack were real, and that his own defense could save himself? ... It is this you do when you attempt to plan the future, activate the past, or organize the present as you wish.

Defense is frightening. It stems from fear, increasing fear as each defense is made.

The body is in need of no defense. This cannot be too often emphasized. It will be strong and healthy if the mind does not abuse it by assigning it to roles it cannot fill...

For fifteen minutes twice today we rest from senseless planning, and from every thought that blocks the truth from entering our minds. Today we will receive instead of plan, that we may give instead of organize. And we are given truly, as we say:

If I defend myself I am attacked.
But in defenselessness I will be strong,
and I will learn what my defenses hide.

If there are plans to make, you will be told of them. They may not be the plans you thought were needed... But they are answers to another kind of question, which remains unanswered yet in need of answering until the Answer comes to you at last.

Additional information can be found with the following:

- | | |
|--------------|---|
| Lesson 153 - | In my defenselessness my safety lies |
| Lesson 160 - | I am at home. Fear is the stranger here |
| Lesson 196 - | It can be but myself I crucify |

Questions Presented

*The purpose of
these exercises is to ask questions
and receive the answers.*

(Lesson # 28)

Comments

A Course In Miracles presents over one thousand questions. Some of these are of considerable importance. Many have the potential to invoke deep impact. All are worthy of at least some consideration.

Prior to contemplating or journaling about these questions, it is helpful to re-read the entire section in which the question appears.

Be very cautious in pulling anything out of context.

While it may seem somewhat tempting to organize these questions into categories, this could also be rather counterproductive. It would be impossible to do this without interpretation, which is a type of judgement. Therefore all the questions are simply presented in the order as found in the *Course*.

These questions are for *your* contemplation, and what *others* may develop from them by expansion is of little use to you. The Course makes it quite clear that the thoughts of other people have no effect on you.

This also means that the thoughts of other people do not rewire *your* brain. This is only effectively done by deep pondering and dedicated application rather than by reading or listening to the chatter of others.

Of course, if you are working with a mentor, then seek clarification when confused.

Questions from the Text

Chapter 1 - **Principles of Miracles**

[There are no questions in this chapter.]

Chapter 2 - **The Separation and the Atonement**

Ch. 2 §1 [There are no questions in this section.]

Ch. 2 §2 - **The Atonement as Defense**

T-1 What do you treasure, and how much do you treasure it?

Ch. 2 §3 - 6 [There are no questions in these sections.]

Ch. 2 §7 - **Fear and Conflict**

T-2 Why should you condone insane thinking?

Chapter 3 - **The Innocent Perception**

Ch. 3 §1 - **Atonement without Sacrifice**

T-3 Is it likely that God Himself would be capable of the kind of thinking which His Own words have clearly stated is unworthy of His Son?

T-4 "This hurts me more than it hurts you."... Can you believe our Father really thinks this way?

T-5 He does not hold your "evil" deeds against you. Is it likely that He would hold them against me?

Ch. 3 §2 - 4 [There are no questions in these sections.]

Ch. 3 §5 - **Beyond Perception**

T-6 What happens to perceptions if there are no judgments and nothing but perfect equality?

Questions from the Text

Ch. 3 §6 [There are no questions in this section.]

Ch. 3 §7 - **Creating versus the Self-Image**

T-7 If God knows His children ... would He have put them in a position where their own destruction was possible?

Chapter 4 - **The Illusions of the Ego**

Ch. 4 §1 [There are no questions in this section.]

Ch. 4 §2 [There are no questions in this section.]

Ch. 4 §3 - **The Ego and False Autonomy**

T-8 You threw knowledge away as if you never had it.... If this occurs in the present, why is it surprising that it occurred in the past?

T-9 Who is the "you" who are living in this world?

Ch. 4 §4 - **Love without Conflict**

T-10 What else but you did the Creator create, and what else but you is his kingdom?

T-11 How can [ego's] meager offering to you prevail against the glorious gift of God?

T-12 How long will you deny him his kingdom?

T-13 Who but the insane would undertake to believe what is not true, and then protect this belief at the cost of truth?

Ch. 4 §5 - **This Need Not Be**

T-14 How can [ego] maintain the trick of its existence except with mirrors?

T-15 Have you really considered how many opportunities you have had to gladden yourself, and how many of them you have refused?

T-16 Why do you believe it is harder for me to inspire the dis-spirited or to stabilize the unstable?

Ch. 4 §6 - **The Ego-Body Illusion**

T-17 Where can I go for protection? ... (This is the question that must be asked.)

T-18 A preoccupation with problems set up to be incapable of solution are ... diversionary tactics... The one question that is never asked by those who pursue them is, "What for?" ... What is the purpose?

Ch. 4 §7 - **The Rewards of God**

T-19 How can you teach someone the value of something he has deliberately thrown away?

T-20 Can you really want the rewards of the ego in the presence of the rewards of God?

Ch. 4 §8 [There are no questions in this section.]

Chapter 5 - **Healing and Wholeness**

Ch. 5 §1 [There are no questions in this section.]

Ch. 5 §2 - **The Invitation to the Holy Spirit**

T-21 How can giving and losing be associated?

Ch. 5 §3 - **The Voice for God**

T-22 What profits it a man if he gains the whole world and loses his own soul?

T-23 What better vocation could there be for any part of the Kingdom than to restore it to the perfect integration that can make it whole?

Ch. 5 §4 [There are no questions in this section.]

Questions from the Text

Ch. 5 §5 - **Teaching and Healing**

- T-24 How can you find the way except by taking your brother with you?
- T-25 How could you treat your brother better than by rendering unto God the things that are God's?
- T-26 How can you who are so holy suffer?

Ch. 5 §6 - **The Ego's Use of Guilt**

- T-27 How could part of God detach itself without believing it is attacking him?
- T-28 What do you want? (Must be answered.)
- T-29 If you accept the remedy for disordered thought, a remedy whose efficacy is beyond doubt, how can its symptoms remain?

Ch. 5 §7 - **Time and Eternity**

- T-30 Let me teach you how to share [fairness] with your brothers. How else can the chance to claim it for yourself be given you?
- T-31 Is not a child of God worth patience?

Ch. 5 §8 - **The Decision for God**

- T-32 Do you really believe you can make a voice that can drown out God's?
 - a. Do you really believe you can devise a thought system that can separate you from him?
 - b. Do you really believe you can plan for your safety and joy better than he can?
- T-33 Why should you listen to the endless insane calls you think are made upon you, when you can know the voice for God is in you?

Chapter 6 - **The Lessons of Love**

Ch. 6 §1 - **Introduction**

T-34 What can be expected from insane premises except an insane conclusion?

Ch. 6 §2 [There are no questions in this section.]

Ch. 6 §3 - **The Alternative to Projection**

T-35 How can you find joy in a joyless place except by realizing that you are not there?

Ch. 6 §4 [There are no questions in this section.]

Ch. 6 §5 - **The Only Answer**

T-36 What are you?

T-37 What would be gained if God proved to you that you have thought insanely?

- a. Can God lose His Own certainty?
- b. ... Would you have God teach you that you have sinned?
- c. If He confronted the self you made with the truth He created for you, what could you be but afraid?

Ch. 6 §6 - **The Lessons of the Holy Spirit**

T-38 Would God teach you that you had made a split mind, when He knows your mind only as whole?

T-39 How can you wake children in a more kindly way than by a gentle Voice that ... merely reminds them that the night is over and the light has come?

Ch. 6 §7 - 9 [There are no questions in these sections.]

Chapter 7 - **The Gifts of the Kingdom**

Ch. 7 §1 - **The Last Step**

T-40 How can what is fully shared be withheld and then revealed?

Ch. 7 §2 - **The Law of the Kingdom**

T-41 What can the perfect consistency of the Kingdom mean to the confused?

Ch. 7 §3 - **The Reality of the Kingdom**

T-42 How can you who are God's meaning perceive yourself as absent from it?

T-43 You have accepted the impossible as true. Is that different from saying you perceive yourself as unreal?

T-44 Is [conflict] really a choice?

Ch. 7 §4 [There are no questions in this section.]

Ch. 7 §5 - **Healing and the Changelessness of Mind**

T-45 Can anything of God not be for all and for always?

T-46 The whole glory and perfect joy that is the Kingdom lies in you to give. Do you not want to give it?

Ch. 7 §6 - 9 [There are no questions in these sections.]

Ch. 7 §10 - **The Confusion of Pain and Joy**

T-47 You ... look at ego's premises, but not at the outcome. Is it not possible that you have done the same thing with the premises of God?

T-48 What can the decision [to avoid guidance] mean except that you want to be fearful?

Ch. 7 §11 - **The State of Grace**

T-49 Consider the kingdom you have made and judge its worth fairly.

- a. Is it worthy to be a home for a child of God?
- b. Does it protect his peace and shine love upon him?
- c. Does it keep his heart untouched by fear, and allow him to give always, without any sense of loss?
- d. Does it teach him that this giving is his joy, and that God Himself thanks him for his giving?

T-50 What is truth?

T-51 Was it likely that I would condemn [anyone] when I was ready to demonstrate that condemnation is impossible?

Chapter 8 - **The Journey Back**

Ch. 8 §1 - **The Direction of the Curriculum**

T-52 Knowledge is his will. If you are opposing his will, how can you have knowledge?

T-53 How can you have what you give up?

T-54 If learning aims at change ... are you satisfied with the changes your learning has brought you?

Ch. 8 §2 - **The Difference between Imprisonment and Freedom**

T-55 Ego knows nothing.

- a. Is there any possible reason for choosing a teacher such as this?
- b. Does the total disregard of anything it teaches make anything but sense?
- c. Is this the teacher to whom a Son of God should turn to find himself?
- d. ... [By] your own experience with [ego's] teaching, should not this disqualify it as your future teacher?

Questions from the Text

T-56 [You] believing [pain and joy] to be the same

- a. How can you tell them apart?
- b. Can you ask the part of your mind that taught you to believe they are the same, to teach you how they are different?

T-57 To what else except all power and glory can the Holy Spirit appeal to restore God's Kingdom?

Ch. 8 §3 - **The Holy Encounter**

T-58 Accept the Atonement for yourself. What other choice could you make?

Ch. 8 §4 - **The Gift of Freedom**

T-59 God's Will was done completely ... How else could it be perfectly accomplished?

T-60 Do you not think the world needs peace as much as you do? Do you not want to give it to the world as much as you want to receive it?

T-61 Only you can choose to listen to my teaching. How else can it be, if God's Kingdom is freedom?

Ch. 8 §5 - **The Undivided Will of the Sonship**

T-62 Can you be separated from your identification and be at peace?

T-63 If your perfection is in him and only in him, how can you know it without recognizing him?

T-64 Would you know the Will of God for you?

Ch. 8 §6 - **The Treasure of God**

T-65 Can the creations of God himself take joy in what is not real? What is real except the creations of God and those that are created like his?

T-66 Creation [is the only] gift that is eternal.

- a. ... How can you accept anything else or give anything else, and expect joy in return?
- b. What else but joy would you want?

T-67 Do I want to know my Father's Will for me?

T-68 Can you be separated from your life and your being?

Ch. 8 §7 - **The Body as a Means of Communication**

T-69 [Consider the concepts of] join and attack... How can you do both simultaneously with the same thing and not suffer?

T-70 Are you willing to accept ... imposing a limit on yourself... when your whole purpose for learning should be to escape from limitations?

T-71 [Consider the] hope for release. What other hope would you want?

Ch. 8 §8 - **The Body as Means or End**

T-72 If you are sick, how can you object to the ego's firm belief that you are not invulnerable?

T-73 Have you thought about the distorting power of something you want, even if it is not real?

Ch. 8 §9 - **Healing as Corrected Perception**

T-74 How you wake is the sign of how you used sleep.

- a. To whom did you give it?
- b. Under which teacher did you place it?

Chapter 9 - **The Acceptance of the Atonement**

Ch. 9 §1 - **The Acceptance of Reality**

- T-75 If you do not know what your reality is, why would you be so sure that it is fearful?
- T-76 How sensible can your messages be, when you ask for what you do not want?
- T-77 [Consider] abandonment or retaliation. Can you ask Holy Spirit for "gifts" such as these, and actually expect to receive them?
- T-78 Would Holy Spirit deny the Will of God? Could he fail to recognize it in his Son?
- T-79 What would you say of someone who persists in attempting the impossible, believing that to achieve it is to succeed?
- T-80 You devote your mind to what you do not want. How real can this devotion be? Can you really devote yourself to nothing?

Ch. 9 §2 - **The Answer to Prayer**

- T-81 Can you ask of the Holy Spirit truly, and doubt your brother?
- T-82 The message your brother gives you is up to you.
- What does he say to you?
 - What would you have him say?
 - ... What can so holy a brother tell you except truth?
 - Are you listening to it?
 - ... Is your faith in him strong enough to let you hear?
- T-83 Would God have created a Voice for you alone? Could you hear his answer except as he answers all of God's Sons?

Ch. 9 §3 - **The Correction of Error**

- T-84 Understand how all errors are undone. How is this different from telling you that what you teach you learn?
- T-85 You cannot correct yourself. Is it possible, then, for you to correct another?

Ch. 9 §4 - **The Holy Spirit's Plan of Forgiveness**

- T-86 How can you overlook what you have made real?
- T-87 If you have no idea what is happening, how can you expect to react appropriately?
- T-88 [Consider] the return of sense. Can this possibly be fearful?
- T-89 What can be fearful but fantasy, and who turns to fantasy unless he despairs of finding satisfaction in reality?

Ch. 9 §5 - **The Unhealed Healer**

- T-90 How can uncovering make the [beliefs of ego] real?
- T-91 If the way to counteract fear is to reduce the importance of the mind, how can this build ego strength?
- T-92 What should happen? Can you find light by analyzing darkness, as the psychotherapist does, or like the theologian, by acknowledging darkness in yourself and looking for a distant light to remove it?

Ch. 9 §6 - **The Acceptance of Your Brother**

- T-93 How can you become aware of the Holy Spirit in you except by his effects? How can you perceive him at all?
- T-94 If your brothers are part of you, will you accept them?
- T-95 Only God himself is more than they but they are not less than he is. Would you know what this means?

Ch. 9 §7 - **The Two Evaluations**

T-96 God's Will is your salvation.

- a. Would he not have given you the means to find it?
- b. ...Is it possible that this is not also your will?
- c. Is it possible that this is not also the will of your brothers?

T-97 [Consider a] pointless attack. What can this mean except that you are agreeing with the ego's evaluation of what you are?

T-98 Would you look to ego to help escape from a sense of inadequacy it has produced, and must maintain for its existence?

T-99 Can you escape from ego's evaluation of you by using its methods for keeping [it's] picture intact?

T-100 Your littleness is taken for granted. Who granted it?

Ch. 9 §8 - **Grandeur versus Grandiosity**

T-101 Self-inflation of the ego is alternative to the grandeur of God. Which will you choose?

T-102 Can your grandeur be arrogant when God himself witnesses to it?

- a. What can be real that has no witnesses?
- b. What good can come of it?

Chapter 10 - **The Idols of Sickness**

Ch. 10 §1 - **Introduction**

T-103 You are part of him. What except him can exist?

T-104 How can the ephemeral be real if you are God's only creation and he created you eternal?

T-105 Can anything exceed the love of God? Can anything, then, exceed your will?

T-106 Has God changed his mind about me?

Ch. 10 §2 - **At Home in God**

- T-107 Any part of your mind that does not know [the law of creation] has banished itself from knowledge... Who could have done this but you?
- T-108 You are ... perfectly capable of awakening to reality. Is it your decision to do so?
- T-109 [Consider the time] while you slept. Is it not possible that you merely shifted from one dream to another, without really waking?
- T-110 Would you bother to reconcile what happened in conflicting dreams, or would you dismiss both together if you discovered that reality is in accord with neither?

Ch. 10 §3 [There are no questions in this section.]

Ch. 10 §4 - **The God of Sickness**

- T-111 Can you change your reality?
- T-112 What comforter can there be for the sick children of God except his power thru you?
- T-113 Would you strengthen [your brother's] denial of God and thus lose sight of yourself? Or would you remind him of his wholeness and remember your Creator with him?
- T-114 Is [ego] the idol you would worship? Is this the image you would be vigilant to save?

Ch. 10 §5 [There are no questions in this section.]

Ch. 10 §6 - **The Denial of God**

- T-115 You are of God.
- Would he allow himself to suffer?
 - Would he offer his son anything that is not acceptable to him?

Questions from the Text

- T-116 When you deny Him you are insane. Would you have him share your insanity?
- T-117 God gave himself to you... Would you deny yourself to him?

Chapter 11 - **God or the Ego**

Ch. 11 §1 - **Introduction**

- T-118 Decision is always an answer to the question:
"Who is my father?"
- a. What would you say to someone who believed this question really involves conflict?
 - b. If you made ego, how can ego have made you?
- T-119 Will you not answer the call of love with joy?

Ch. 11 §2 - **The Gifts of Fatherhood**

- T-120 Would you bring anything [save healing] to the Sonship, recognizing your need of healing for yourself?
- T-121 To be alone is to be separated from infinity, but how can this be if infinity has no end?
- T-122 Can you exclude yourself from the universe, or from God Who is the universe? ... Do you really believe that part of God can be missing or lost?
- T-123 If you were not part of God, his will would not be unified.
- a. Is this conceivable?
 - b. Can part of his mind contain nothing?
- T-124 How could you know your creations, having denied infinity?
- T-125 Could you be alone [in God's mind] when it was given you because God did not will to be alone?

- T-126 Could any part of God be without his love, and could any part of his love be contained?
- T-127 How can you give except like him if you would know his gift to you?
- T-128 [Consider being] deprived of what you want. Would God, Who wants only your will, be capable of this?

Ch. 11 §3 - **The Invitation to Healing**

- T-129 If you have denied truth, what better witnesses to its reality could you have than those who have been healed by it?
- T-130 What can the Son of God not accomplish with the Fatherhood of God in him?
- T-131 Would you be hostage to the ego or host to God?

Ch. 11 §4 - **From Darkness to Light**

- T-132 Amid all [your] brothers [you are] friendless. Would God let this be real, when he did not will to be alone himself?
- T-133 The Light always surrounds you... How can you see the dark companions in a light such as this?

Ch. 11 §5 - **The Inheritance of God's Son**

- T-134 Could you try to make God homeless and know that you are at home? Can the Son deny the Father without believing that the Father has denied him?
- T-135 Would you cut off a brother from the light that is yours?

Ch. 11 §6 - **The Dynamics of the Ego**

- T-136 What is healing but the removal of all that stands in the way of knowledge? How else can one dispel illusions except by looking at them directly, without protecting them?

Questions from the Text

- T-137 The conflict you experience is between ego's idle wishes and the Will of God... Can this be real conflict?
- T-138 Can you believe that autonomy is meaningful apart from Him?
- T-139 How can [ego's] existence continue if you realize that, by accepting it, you are belittling yourself and depriving yourself of power?
- T-140 How can [ego] preach separation without upholding it thru fear? Would you listen to it if you recognized this is what it is doing?
- T-141 Can ego teach truly when it overlooks truth? Can it perceive what it has denied?
- T-142 Would you remember the Father?

Ch. 11 §7 - **Waking to Redemption**

- T-143 Would you join in the resurrection or the crucifixion?
- a. Would you condemn your brothers or free them?
 - b. Would you transcend your prison and ascend to the Father?
- T-144 Can you perceive unworthiness in a brother and not perceive it in yourself? Can you perceive it in yourself and not perceive it in God?
- T-145 Who is your own?
- T-146 God does not judge his guiltless Son. Having given himself to him, how could it be otherwise?

Ch. 11 §8 - **The Condition of Reality**

- T-147 What is the world that awaits your perception when you see it?

Ch. 11 §9 - The Problem and the Answer

- T-148 Only reality is true. But do you believe it?
- T-149 Do I want the problem or do I want the answer?
- T-150 Would the Holy Spirit, Who wills only to restore, be capable of misinterpreting the question you must ask to learn his answer?
- T-151 Do you believe I would deceive you?
- T-152 What problems will not disappear in the presence of God's answer?
- T-153 Would you not exchange your fears for truth, if the exchange is yours for the asking?

Chapter 12 - The Holy Spirit's Curriculum

Ch. 12 §1 - The Judgment of the Holy Spirit

- T-154 Can anyone be justified in responding with anger to a brother's plea for help?
- T-155 To fail to recognize a call for help is to refuse help. Would you maintain that you do not need it?
- T-156 If you would look upon love ...
- How can you do better than to recognize ... the underlying appeal for it?
 - How could you better learn of its reality than by answering the appeal for it by giving it?

Ch. 12 §2 - The Way to Remember God

- T-157 Father walked with me. Do you not know that I walked with him in peace? And does not that mean that peace goes with us on the journey?
- T-158 Would you not exchange this awareness [of peace] for the awareness of fear?

Questions from the Text

T-159 Do you not have greater reason for fearing the world as you perceive it, than for looking at the cause of fear and letting it go forever?

Ch. 12 §3 - **The Investment in Reality**

T-160 The question is always twofold; first, what is to be saved? And second, how can it be saved?

T-161 Why would you insist in denying [your brother]?

Ch. 12 §4 - **Seeking and Finding**

T-162 Do you realize that the ego must set you on a journey which cannot but lead to a sense of futility and depression? ... Is this the promise you would keep?

Ch. 12 §5 - **The Sane Curriculum**

T-163 Would you ask those who have failed to learn what learning aids are for?

T-164 If you are trying to learn how not to learn, and the aim of your teaching is to defeat itself, what can you expect but confusion?

T-165 Is it possible that the way to achieve a goal is not to attain it?

Ch. 12 §6 [There are no questions in this section.]

Ch. 12 §7 - **Looking Within**

T-166 Perception is the result of invitation, coming to you as sent for.

- a. Whose manifestations would you see?
- b. Of whose presence would you be convinced?

T-167 Would I have overcome death for myself alone? Would eternal life have been given me of the Father unless he had also given it to you?

Ch. 12 §8 - **The Attraction of Love for Love**

- T-168 Do you really believe that you can kill the Son of God?
T-169 If love is sharing, how do you find it except thru itself?
T-170 By seeking the unreal, what else could you find?

Chapter 13 - **The Guiltless World**

Ch. 13 §1 [There are no questions in this section.]

Ch. 13 §2 - **Guiltlessness and Invulnerability**

- T-171 In the strange world that you have made the Son of God has sinned. How could you see him, then?
T-172 How else but by identifying with the ego could you hold dear to what you do not want?

Ch. 13 §3 [There are no questions in this section.]

Ch. 13 §4 - **The Fear of Redemption**

- T-173 In honesty, is it not harder for you to say "I love" than "I hate"?
T-174 How could the gentleness of love respond to [ego's] demands, except by departing in peace and returning to the Father?
T-175 Could He set you apart, knowing that your peace lies in his oneness?

Ch. 13 §5 - **The Function of Time**

- T-176 If their reality is questioned, you believe that yours is... would it not be more desirable to have been wrong, even apart from the fact that you were wrong?
T-177 Even though you know not Heaven, might it not be more desirable than death?

Questions from the Text

T-178 Would you recognize a holy encounter if you are merely perceiving it as a meeting with your own past?

Ch. 13 §6 - **The Two Emotions**

T-179 The vision of Christ is not in your sight, for you look upon yourself alone. Little child, would you offer this to your Father?

Ch. 13 §7 - **Finding the Present**

T-180 Would you hold the past against [your brothers]?

Ch. 13 §8 - **Attainment of the Real World**

T-181 You have misjudged yourself. From such a twisted reference point, what could you see?

T-182 What could you need in eternity?

T-183 Can you find yourself in a world [of lacking]?

T-184 He will give you all things that do not block the ... light. And what else could you need?

T-185 The Holy Spirit leads me unto Christ, and where else would I go? What need have I but to awake in him?

T-186 What except your brothers can you need?

Ch. 13 §9 [There are no questions in this section.]

Ch. 13 §10 - **The Cloud of Guilt**

T-187 Would you, then, teach [your brother] he is right in his delusion?

T-188 Can you see guilt where God knows there is perfect innocence?

Ch. 13 §11 - **Release from Guilt**

- T-189 Can you expect to use your brothers as a means to "solve" the past, and still to see them as they really are? ... Would you impose your idle wishes on the present, and hope to find salvation now?
- T-190 God loves you. Could I, then, lack faith in you and love him perfectly?

Ch. 13 §12 - **The Peace of Heaven**

- T-191 [Do you] doubt ... that his mission will be fulfilled [?] How is this possible, when his mission is of God?
- T-192 Can God's Son lose himself in dreams, when God has placed within him the glad Call to waken and be glad?
- T-193 How can you remember what was never true, or not remember what has always been?

Chapter 14 - **Teaching for Truth**

- Ch. 14 §1 [There are no questions in this section.]

Ch. 14 §2 - **The Conditions of Learning**

- T-194 If you offer blessing, you must have accepted [blessing] as yours. How else could you give it away?
- T-195 How could you learn what has been done for you, unknown to you, unless you do what you would have to do if it had been done for you?

Ch. 14 §3 - **The Happy Learner**

- T-196 Truth is true. What else could ever be or ever was?
- T-197 God is everywhere.... Can [His Son] sing the dirge of sorrow when this is true?

Ch. 14 §4 - **The Decision for Guiltlessness**

- T-198 Would you be content with little, which is all that you alone can offer yourself, when he who gives you everything will simply offer it to you?
- T-199 Would you deny the truth of God's decision, and place your pitiful appraisal of yourself in place of his calm and unswerving value of his Son?
- T-200 Why would you struggle so frantically to anticipate all you cannot know, when all knowledge lies behind every decision the Holy Spirit makes for you?
- T-201 Would you take unto yourself the sole responsibility for deciding what can bring only good to everyone? Would you know this?

Ch. 14 §5 - **Your Function in the Atonement**

- T-202 Can you escape guilt by failing to fulfill your function here?
- T-203 Your function here is only to decide against deciding what you want... How, then, can you decide what you should do?
- T-204 Would you know of One Who gives forever, and Who knows of nothing except giving?

Ch. 14 §6 - **The Circle of Atonement**

- T-205 Would you have all of it transformed into a radiant message of God's Love, to share with all the lonely ones who have denied him? Would you deny his yearning to be known?
- T-206 Who can condemn whom God has blessed?
- T-207 Who is there but wishes to be free of pain?

Ch. 14 §7 - **The Light of Communication**

T-208 Would you continue to give imagined power to these strange ideas of safety?

T-209 The purpose [of language] is ... the disruption of communication. If the purpose of language is communication, how can this tongue mean anything?

Ch. 14 §8 - **Sharing Perception with the Holy Spirit**

T-210 What do you want, light or darkness, knowledge or ignorance?

Ch. 14 §9 - **The Holy Meeting Place**

T-211 Can you offer guilt to God?

Ch. 14 §10 - **The Reflection of Holiness**

T-212 How long can contradiction stand when its impossible nature is clearly revealed?

Ch. 14 §11 - **The Equality of Miracles**

T-213 The power of all his love will be [present in] any miracle... How, then, can there be any order of difficulty among [miracles]?

Ch. 14 §12 - **The Test of Truth**

T-214 Can God learn how not to be God?

- a. Can his Son, given all power by him, learn to be powerless?
- b. What have you taught yourself that you can possibly prefer to keep, in place of what you have and what you are?

T-215 Do not be concerned about how you can learn a lesson ... How would you know?

Questions from the Text

- T-216 How can you, so firmly bound to guilt and committed so to remain, establish for yourself your guiltlessness?
- T-217 Do you think that what Holy Spirit would have you give he would withhold from you?

Chapter 15 - **The Holy Instant**

Ch. 15 §1 - **The Two Uses of Time**

- T-218 Can you imagine what it means to have no cares, no worries, no anxieties, but merely to be perfectly calm and quiet all the time?
- T-219 How can the guilty hope for Heaven?
- T-220 If death were thought merely as an end to pain, would it be feared?
- T-221 What is time without past and future? ... How long is an instant? (Asked several times.)
- T-222 Could you not give [an instant] to Holy Spirit for your salvation?

Ch. 15 §2 - **The End of Doubt**

- T-223 What can take time, when all the obstacles to learning it have been removed?
- T-224 How long can it take to be where God would have you?
- T-225 Who can deny the Presence of what the universe bows to, in appreciation and gladness?

Ch. 15 §3 - **Littleness versus Magnitude**

- T-226 Would you be hostage to the ego or host to God?
- T-227 Is it a sacrifice to leave littleness behind, and wander not in vain?
- T-228 When will you learn that only holiness can content you and give you peace?

Ch. 15 §4 - **Practicing the Holy Instant**

- T-229 Would you learn how perfect and immaculate is the holy altar on which your Father has placed Himself?
- T-230 [Consider the idea of] accepting everything. How can you do this when you would prefer to have private thoughts and keep them?
- T-231 Would I want to have perfect communication, and am I wholly willing to let everything that interferes with it go forever?

Ch. 15 §5 - **The Holy Instant and Special Relationships**

- T-232 If you seek to separate aspects ... you are attempting to use separation to save you. How, then, could guilt not enter?
- T-233 If you would love unlike to God, Who knows no special love, how can you understand it?
- T-234 How can you decide that special aspects of the Sonship can give you more than others?
- T-235 Think you that you can judge the Self of God?

Ch. 15 §6 [There are no questions in this section.]

Ch. 15 §7 - **The Needless Sacrifice**

- T-236 How can [Holy Spirit] communicate with you, while you believe that to communicate is to make yourself alone?

Ch. 15 §8 [There are no questions in this section.]

Ch. 15 §9 - **The Only Real Relationship**

- T-237 In Heaven you are complete and quiet... Would you not exchange your little relationships for this?

Ch. 15 §10 - **The Time of Rebirth**

- T-238 The holy instant is truly the time of Christ. ... What other gift can you offer me, when I choose to offer you only this?
- T-239 You see love as destructive..., your only question is who is to be destroyed, you or another?

Ch. 15 §11 - **Christmas as the End of Sacrifice**

- T-240 Who can perceive part of himself as loathsome, and live within himself in peace? Who can try to resolve the "conflict" of Heaven and hell in him by casting Heaven out and giving it the attributes of hell, without experiencing himself as incomplete and lonely?
- T-241 Who could thrust Heaven and its Creator aside without a sense of sacrifice and loss?
- a. Who could suffer sacrifice and loss without attempting to restore himself?
 - b. How could you accomplish this yourself, when the basis of your attempts is the belief in the reality of the deprivation?
- T-242 The mind cannot be sacrificed. Where, then, is sacrifice?
- T-243 What can be more joyous than to perceive we are deprived of nothing?

Chapter 16 - **The Forgiveness of Illusions**

Ch. 16 §1 [There are no questions in this section.]

Ch. 16 §2 - **The Power of Holiness**

- T-244 Why should you worry how the miracle extends to all the Sonship when you do not understand the miracle itself?

- T-245 How can faith in reality be yours while you are bent on making it unreal? Are you really safer in maintaining the reality of illusions than you would be in joyously accepting truth for what it is, and giving thanks for it?
- T-246 What you think you know was never true. What gain is there to you in clinging to it, and denying the evidence for truth?
- T-247 Holiness ... has been accomplished in a mind firmly convinced that holiness is weakness and attack is power.
- Should not this be a sufficient miracle to teach you that your Teacher is not of you?
 - ... [Do] you prefer results of your interpretation, considering honestly what they have been?
 - ... Could you not look with greater charity on whom God loves with perfect Love?
- T-248 Holy Spirit has solved [problems] for you. You have never ... been successful. Is it not time you brought these facts together and made sense of them?
- T-249 Have faith in Him Who has faith in you. Can you be alone with witnesses like these?

Ch. 16 §3 - **The Reward of Teaching**

- T-250 Does not the fact that you have not learned what you have taught show you that you do not perceive the Sonship as one? Does it not also show you that you do not regard yourself as one?
- T-251 Within you is everything you taught. What can it be that has not learned it?
- T-252 What is beyond God?

Questions from the Text

Ch. 16 §4 - **The Illusion and the Reality of Love**

- T-253 The special love relationship would accomplish the impossible. How but in illusion could this be done?
- T-254 Would you not go thru fear to love?
- T-255 [Consider] the call for help that rises ceaselessly from you to your Creator. Would He not answer you whose completion is His?
- T-256 If special relationships of any kind would hinder God's completion, can they have any value to you?

Ch. 16 §5 - **The Choice for Completion**

- T-257 What better example could there be of the ego's maxim, "Seek but do not find"?
- T-258 How much value can he place upon a self that he would give away to get a "better" one?
- T-259 If you perceived the special relationship as a triumph over God, would you want it?
- T-260 How can you grant unlimited power to what you think you have attacked?
- T-261 The special relationship ... is a senseless ritual in which ... love has lost its meaning. Would you want this to be possible, even apart from its evident impossibility?

Ch. 16 §6 [There are no questions in this section.]

Ch. 16 §7 - **The End of Illusions**

- T-262 What basis would you have for choosing a special partner without the past?
- T-263 How can you change the past except in fantasy? Who can give you what you think the past deprived you of?
- T-264 Would you act out the dream, or let it go?

T-265 The special relationship is the acting out of vengeance on yourself. What else could it be?

T-266 What can there be in us that needs forgiveness when Yours is perfect?

Chapter 17 - **Forgiveness and the Holy Relationship**

Ch. 17 §1 - **Bringing Fantasy to Truth**

T-267 Think you that you can bring truth to fantasy, and learn what truth means from the perspective of illusions?

Ch. 17 §2 - **The Forgiven World**

T-268 Can you imagine how beautiful those you forgive will look to you?

T-269 Who, awake in Heaven, could dream that there could ever be need of salvation?

T-270 How much do you want salvation?

Ch. 17 §3 - **Shadows of the Past**

T-271 How can the Holy Spirit bring his interpretation of the body as a means of communication into relationships whose only purpose is separation from reality?

Ch. 17 §4 [There are no questions in this section.]

Ch. 17 §5 - **The Healed Relationship**

T-272 Why would you not believe that [Holy Spirit] is there to purify what he has taken under his guidance?

T-273 Have faith in him who answered you... Has he not been very explicit in his answer? ... Can you deny that he has given you a most explicit statement?

T-274 Is it not certain that you will remember a goal unchanged throughout eternity?

Questions from the Text

- T-275 Have you been similarly grateful to your brother?
- a. Have you consistently appreciated the good efforts, and overlooked mistakes?
 - b. Or has your appreciation flickered and grown dim in what seemed to be the light of the mistakes?
- T-276 The instant remains. But where are you?
- T-277 Think you not the goal itself will gladly arrange the means for its accomplishment?

Ch. 17 §6 - **Setting the Goal**

- T-278 In any situation in which you are uncertain, the first thing to consider ... is: "What do I want to come of this? What is it for?"
- T-279 The only judgment to make is whether or not the ego likes it: Is it acceptable, or does it call for vengeance?

Ch. 17 §7 - **The Call for Faith**

- T-280 Is it not possible that all your problems have been solved, but you have removed yourself from the solution?
- T-281 What situation can you be in without faith, and remain faithful to your brother?

Ch. 17 §8 - **The Conditions of Peace**

- T-282 Would you not want to make a holy instant of every situation?

Chapter 18 - **The Passing of the Dream**

Ch. 18 §1 - **The Substitute Reality**

- T-283 A world of total unreality had to emerge [from the idea that God is fear]. What else could come of it?

- T-284 Do you really think it strange that a world in which everything is backwards and upside down arose from this projection [of the idea that God is fear]?
- T-285 Tiny differences ... are no real difference at all. ... Yet what else is necessary to make them all the same?
- T-286 What became of peace in those who heard?
- T-287 Would you still further weaken and break apart what is already broken and hopeless?
- a. Is it here that you would look for happiness?
 - b. Or would you not prefer to heal what has been broken, and join in making whole what has been ravaged by separation and disease?

Ch. 18 §2 - **The Basis of the Dream**

- T-288 Does not a world that seems quite real arise in dreams?

Ch. 18 §3 - **Light in the Dream**

- T-289 You think what the [illusion] means is fearful. Yet what is that to us who travel surely and very swiftly away from fear?
- T-290 Do you believe that I would leave you in the darkness that you agreed to leave with me?
- T-291 Would I not give you what you gave to me?
- T-292 When great lights have joined with you to give the little spark of your desire the power of God himself, can you remain in darkness?

Ch. 18 §4 - **The Little Willingness**

- T-293 [You think] that you are not worthy... What is this but the determination to be as you would make yourself?
- T-294 Would you first make a miracle yourself, and then expect one to be made for you?

Ch. 18 §5 - **The Happy Dream**

- T-295 Thousands will rise to Heaven with you.
- a. Can you plan for this?
 - b. Could you prepare yourself for such a function?

Ch. 18 §6 - **Beyond the Body**

- T-296 What could God give but knowledge of himself? What else is there to give?
- T-297 Would you not have the instruments of separation reinterpreted as means for salvation, and used for purposes of love? Would you not welcome and support the shift from fantasies of vengeance to release from them?
- T-298 Fantasies have made your body your enemy... How has this served you?
- T-299 Could your ... shared Identity ... be outside you?
- a. Where God is not?
 - b. Is he a body, and did he create you as he is not, and where he cannot be?
 - c. What limits can there be on you whom he encompasses?

Ch. 18 §7 - **I Need Do Nothing**

- T-300 What plans do you make that do not involve [the body's] comfort or protection or enjoyment in some way?

Ch. 18 §8 - **The Little Garden**

- T-301 Can you who see yourself within a body know yourself as an idea?

- T-302 Would you remain within your tiny kingdom, a ... bitter ruler of all he surveys, who looks on nothing yet who would still die to defend it?
- T-303 Should it not be there that you would call on love to enter?

Ch. 18 §9 - **The Two Worlds**

- T-304 Your offering of darkness [can return] to the eternal light. How is this done?

Chapter 19 - **The Attainment of Peace**

- Ch. 19 §1 [There are no questions in this section.]

Ch. 19 §2 - **Sin versus Error**

- T-305 The whole idea of sin is impossible. The wages of sin is death, and how can the immortal die?
- T-306 Acceptance of self as sinful is perceived as holiness.
- Is this humility?
 - Is it an attempt to wrest creation away from truth, and keep it separate?
- T-307 If a mistake is given the status of truth, to what can it be brought?
- T-308 Would you not rather that all this be nothing more than a mistake ... so easily escaped that its whole correction is like walking thru a mist into the sun?

Ch. 19 §3 - **The Unreality of Sin**

- T-309 What is sin? What could it be but a mistake you would keep hidden; a call for help that you would keep unheard and thus unanswered?

Questions from the Text

- T-310 [God] must have created what wills to destroy him. Is it not easier to believe that you have been mistaken than to believe in this?
- T-311 Sin is perceived as mightier than God... Is this humility or madness?

Ch. 19 §4 - **The Obstacles to Peace**

- T-312 Would you not now return his graciousness, and enter into a relationship with him?
- T-313 When the peace in you has been extended to encompass everyone... What need is there for seeing?
- T-314 What need is there of seeing, in the presence of his gratitude?

Ch. 19 §5 - **The First Obstacle**

- T-315 If you would make [peace] homeless, how can it abide within the Son of God?
- a. ... Why would you want peace homeless?
 - b. What do you think it must dispossess to dwell with you?
 - c. What seems to be the cost you are so unwilling to pay?
 - d. Would you reinforce ... the barrier ... between you and your brother now?
 - e. ... Christ ... would bring peace to everyone. how can he do this except thru you?
 - f. Would you let a ... tiny seeming barrier stand between your brothers and salvation?
- T-316 Would you thrust salvation away from the giver of salvation?
- T-317 How can [miracle / love] fail to be accomplished, wherever it is undertaken?

- T-318 How can a shadow keep you from the sun?
- T-319 What could be more unstable than a tightly organized delusional system?
- T-320 How mighty can a little feather be before the great wings of truth?
- Can it oppose an eagle's flight, or hinder the advance of summer?
 - Can it interfere with the effects of summer's sun upon a garden covered by snow?
- T-321 Would you not rather greet the summer sun than fix your gaze upon a disappearing snowflake, and shiver in remembrance of the winter's cold?

Ch. 19 §6 [There are no questions in this section.]

Ch. 19 §7 - **The Second Obstacle**

- T-322 [You] deny a home to peace. ...
- Is it a sacrifice, or a release?
 - What has the body really given you that justifies your strange belief that in it lies salvation?
 - Do you not see that this is the belief in death?
- T-323 Is it a sacrifice to be removed from what can suffer?
- T-324 What obstacles would you interpose between peace and its going forth but barriers you place between your will and its accomplishment?
- T-325 Are you not glad that Heaven cannot be sacrificed, and sacrifice cannot be asked of you?
- T-326 Can it be difficult for us to walk past barriers together, when you have joined the limitless? ... Would you stop now to look for guilt in your brother?

Questions from the Text

- T-327 Would you see in me the symbol of guilt or the end of guilt, remembering that what I signify you see within yourself?
- T-328 Where can guilt be, when the belief in sin is gone? Where is death, when its great advocate is heard no more?

Ch. 19 §8 - **The Attraction of Pain**

- T-329 If peace is homeless, so are you and so am I.
- a. ... Is this your wish?
 - b. Would you forever be a wanderer in search of peace?
 - c. Would you invest your hope of peace and happiness in what must fail?
- T-330 Can your mistake be reasonable grounds for depression and disillusionment and retaliated attack on what you think has failed you?
- T-331 The illusion of pleasure will be the same as pain. Is this not inevitable?
- T-332 Why should the body be anything to you?
- T-333 Who would send messages of hatred and attack if he but understood he sends them to himself? Who would accuse, make guilty and condemn himself?

Ch. 19 §9 - **The Third Obstacle**

- T-334 What is a shadow to the living?
- T-335 What of those whose dedication is not to live; the black-draped sinners ... dragging their chains and marching in the procession that honors lord of death?
- T-336 What is impossible to you who chose his will as yours? What is death to you?

Ch. 19 §10 - **The Incorruptible Body**

- T-337 Where can opposition lie but in the sick minds of the insane, dedicated to madness and set against the peace of Heaven?
- T-338 What is the black-draped body they would bury?
- T-339 What better way [is there] to teach the first and fundamental principle in a course on miracles than by showing you the one that seems to be the hardest can be accomplished first?
- T-340 What but insanity could look upon the defeat of God, and think it real?
- T-341 What danger can assail the wholly innocent?
- What can attack the guiltless?
 - What fear can enter and disturb the peace of sinlessness?

Ch. 19 §11 - **The Fourth Obstacle**

- T-342 What would you see without the fear of death? What would you feel and think if death held no attraction?
- T-343 The belief in death would seem to save you. For if this was gone, what could you fear but life?

Ch. 19 §12 - **The Lifting of the Veil**

- T-344 How can you know that [a journey] is over unless you realize its purpose is accomplished?
- T-345 Would you hold [your brothers] sins against him, or accept his gift to you?
- Is this giver of salvation your friend or enemy?
 - ... Would you not offer him forgiveness, when only he can offer it to you?

Chapter 20 - **The Vision of Holiness**

Ch. 20 §1 [There are no questions in this section.]

Ch. 20 §2 - **The Gift of Lilies**

- T-346 You [actually] hate the body. Would you employ this hated thing to draw your brother to you, and to attract his body's eyes?
- T-347 Can I offer him forgiveness when he offers thorns to me? He who offers thorns to anyone is against me still. Who is whole without him?
- T-348 Who is afraid to look upon illusions, knowing his savior stands beside him?
- T-349 Would you not have your holy brother lead you?

Ch. 20 §3 - **Sin as an Adjustment**

- T-350 Who need adjust to truth, which calls on only what he is, to understand?
- T-351 Do you like [the] world of murder and attack you have made?
- T-352 Have you not wondered what the world is really like; how it would look thru happy eyes?
- T-353 Who in a holy relationship can long remain unholy?
- T-354 What are you? What am I?
- T-355 What am I? How shall I look upon the Son of God?
- T-356 Does one ask judgment of what is totally bereft of judgment? If you have, would you believe the answer, and adjust to it as if it were the truth?

T-357 You asked a puff of madness for meaning ... and adjusted it according to its insane answer.

- a. How happy did it make you?
- b. Did you meet with joy to bless the Son of God, and give him thanks for all the happiness that he held out to you?
- c. Did you recognize your brother as the eternal gift of God to you?
- d. Did you see the holiness that shone in both of you, to bless the other?

T-358 What is Heaven but union, direct and perfect, and without the veil of fear upon it?

T-359 Looking with charity within, what can it fear without?

T-360 Where would they go but where they will to be?

Ch. 20 §4 - **Entering the Ark**

T-361 Insane laws ... guarantee ... mistakes.

- a. What could this be but madness?
- b. Is it this you would see within your savior from insanity?

T-362 How can he enter, to rest and to remember, without you?

T-363 Think you when [perfect fulfillment of law] has been achieved that you will rest without them?

T-364 What can be more certain than a Son of God?

Ch. 20 §5 - **Heralds of Eternity**

T-365 Do you recognize the fear that rises from the meaningless attempt to judge what lies so far beyond your judgment you cannot even see it?

T-366 How can you estimate the worth of him who offers peace to you? What would you want except his offering?

Questions from the Text

- T-367 Who would see the face of Christ and yet insist that judgment still has meaning?
- T-368 Why should it take so many holy instants to let [sight] be accomplished, when one would do?
- T-369 Can you evaluate the giver of a gift like [forgiveness]? Would you exchange this gift for any other?
- T-370 What is he that the Creator of the universe should offer it to him and know it rests in safety?

Ch. 20 §6 - **The Temple of the Holy Spirit**

- T-371 Would he who sees the face of Christ choose as his home the only place in all the universe where it cannot be seen?
- T-372 It seems the body has a home that vanishes. What could house this mad idea against reality [even] for an instant?
- T-373 [Are idols] the substitute you want for the eternal blessing of the holy instant and its unlimited beneficence?
- T-374 Is the malevolence of the unholy relationship, so seeming powerful and so bitterly misunderstood and so invested in a false attraction your preference to the holy instant, which offers you peace and understanding?
- T-375 What is [fear] to those who have been given one true relationship beyond the body?
- Can they be long held back from looking on the face of Christ?
 - Can they long withhold the memory of their relationship with their Father from themselves, and keep remembrance of his love apart from their awareness?

Ch. 20 §7 - **The Consistency of Means and End**

- T-376 You want the goal. Are you not also willing to accept the means?
- T-377 How can one be sincere and say, "I want this above all else, and I do not want to learn the means to get it?"
- T-378 How can [the means] be difficult if they are merely given you?
- T-379 See your brother as sinless and [not] look upon him as a body. Is this not perfectly consistent with the goal of holiness?
- T-380 How can a holy relationship achieve its purpose thru the means of sin?
- T-381 How can I see my brother without the body? Do I really wish to see him sinless?

Ch. 20 §8 - **The Vision of Sinlessness**

- T-382 Do you not want to know your own Identity?
- Would you not happily exchange your doubts for certainty?
 - Would you not willingly be free of misery, and learn again of joy?
- T-383 What can you value more than ... Heaven, glowing with radiant purity?
- Why do you think the body is a better home, a safer shelter for God's Son?
 - Why would you rather look on it than on the truth?
 - How can the engine of destruction be preferred, and chosen to replace the holy home the Holy Spirit offers, where he will dwell with you?

Questions from the Text

- d. ... Can such a savior help you?
 - e. Would you turn in your distress and need for help unto the helpless?
 - f. Is the pitifully little the perfect choice to call upon for strength?
- T-384 What can the body's eyes perceive, with power to correct?
- T-385 What if you recognized this world is an hallucination?
- a. What if you really understood you made it up?
 - b. What if you realized that those who seem to walk about in it, to sin and die, attack and murder and destroy themselves are wholly unreal?
 - c. Could you have faith in what you see, if you accepted this?
 - d. Would you see it?
- T-386 Do you want the purpose that [hallucinations] serve?
- T-387 Who need persuade you to accept the gift of vision?
And after vision, who is there who could refuse what must come after?

Chapter 21 - **Reason and Perception**

Ch. 21 §1 [There are no questions in this section.]

Ch. 21 §2 - **The Forgotten Song**

- T-387 Vision shows you where to go. Why should you guess?
- T-388 They look upon the vision of the Son of God, remembering who he is they sing of.
- a. What is a miracle but this remembering?
 - b. Who is there in whom this memory lies not?

Ch. 21 §3 [There are no questions in this section.]

Ch. 21 §4 - **Faith, Belief and Vision**

- T-389 Why is it strange to you that faith can move mountains?
- T-390 Sacrifice is a means for limitation. Think you Holy Spirit is concerned with this?

Ch. 21 §5 - **The Fear to Look Within**

- T-391 What if you looked within and saw no sin?
- T-392 Part of your mind ... is not afraid to look upon itself. How could it have been willing to see Holy Spirit's purpose as its own?
- T-393 Fear's insane insistence ... has no meaning. What matters it to you how loudly it is proclaimed?

Ch. 21 §6 - **The Function of Reason**

- T-394 How can the segment of the mind devoid of reason understand what reason is, or grasp the information it would give?
- T-395 Where would the answer be but in the Source? Where are you but there, where this same answer is?
- T-396 Does not your reason tell you now the question must have come from something that you do not know, but must belong to you?

Ch. 21 §7 - **Reason versus Madness**

- T-397 Who looks upon himself as guilty and sees a sinless world?
- Who can see a sinful world and look upon himself apart from it?
 - ... If you are joined, how could it be that you have private thoughts?
 - How could thoughts that enter into what but seems like yours alone have no effect at all on what is yours?

Questions from the Text

- T-398 What can there be that stands between what is continuous? If there is nothing in between, how can what enters part be kept away from other parts?
- T-399 How can a fact be fearful unless it disagrees with what you hold more dearly than truth?
- T-400 Does Heaven seem to be a burden to you?
- T-401 What is there that could be nearer you than your Self?
- T-402 Where could his freedom lie but in himself, if he be free already? Who could bind him but himself, if he deny his freedom?

Ch. 21 §8 - **The Last Unanswered Question**

- T-403 Do you not see that all your misery comes from the strange belief that you are powerless?
- T-404 Those who see themselves as helpless must believe that they are not the Son of God.
- a. What can they be except his enemy?
 - b. What can they do but envy him his power, and by their envy make themselves afraid of it?
- T-405 How would an army act in dreams?
- T-406 Who that believes in sin would dare believe he has no enemy? Could he admit that no one made him powerless?
- T-407 Do I desire a world I rule instead of one that rules me?
- a. Do I desire a world where I am powerful instead of helpless?
 - b. Do I desire a world in which I have no enemies and cannot sin?
 - c. Do I want to see what I denied because it is truth?

T-408 Whom you attack you cannot want to heal.

- a. What is this decision but the choice whether to see him thru the body's eyes, or let him be revealed to you thru vision?
- b. ... Is this what I would see?
- c. Do I want this?
- d. ... Why is the final ['c'] question so important?
- e. ... Why do you think you are unsure the others have been answered?
- f. Could it be necessary they be asked so often, if they had?

Ch. 21 §9 - **The Inner Shift**

T-409 Are thoughts dangerous?

T-410 What is the holy instant but God's appeal to you to recognize what he has given you?

Chapter 22 - **Salvation and the Holy Relationship**

Ch. 22 §1 - **Introduction**

T-411 Who has need for sin?

T-412 How far from home can a relationship like Heaven be?

Ch. 22 §2 - **The Message of the Holy Relationship**

T-413 Where ... does your strange uneasiness, your sense of being disconnected, and your haunting fear of lack of meaning in yourself arise?

T-414 The world you see thru eyes ... makes no sense. To whom would seeing such as this send back its messages? If this is not your vision, what can it show to you?

Questions from the Text

- T-415 What could be secret from God's Will? What could your secrets be except another will that is your own, apart from his?
- T-416 They do not join thru bodies. What has joined them?
- T-417 What is as like him as a holy relationship?

Ch. 22 §3 - **Your Brother's Sinlessness**

- T-418 What else but joy could be the opposite of misery?
- T-419 How could joy be found in misery?
- T-420 The misery you made has been your own.
- a. Are you not glad to learn it is not true?
 - b. Is it not welcome news to hear not one of the illusions that you made replaced the truth?
- T-421 Would you not look upon the savior that has been given you? Would you not exchange, in gratitude, the function of an executioner you gave him for the one he has in truth?
- T-422 Would you not have the holy home be yours as well?
- T-423 Would you have partial forgiveness for yourself? Can you reach Heaven while a single sin still tempts you to remain in misery?

Ch. 22 §4 - **Reason and the Forms of Error**

- T-424 How can sight that stops at nothingness, as if it were a solid wall, see truly?
- T-425 The [body's eyes] maker sees thru them. What was its maker's goal but not to see?
- T-426 What cannot see ... what is not there must be distorted perception.... Could it recognize the truth?

T-427 What is there in [your brother] that you would attack except what you associate with his body, which you believe can sin?

T-428 Can you be saved by making sinful the one whose holiness is your salvation?

Ch. 22 §5 [There are no questions in this section.]

Ch. 22 §6 - **Weakness and Defensiveness**

T-429 How does one overcome illusions?

T-430 How can it be difficult to walk the way of truth when only weakness interferes?

T-431 Always to justify ... makes no sense.

- a. Can this be justified?
- b. What can this be except an invitation to insanity, to save you from the truth?
- c. What would you be saved from but what you fear?

T-432 How can peace be fragmented?

T-433 What can separate whom He joined as one with Him?

T-434 [Consider] a mouse that would attack the universe.

- a. How likely is it that it will succeed?
- b. Is it difficult to disregard its feeble squeaks that ... would drown the hymn of praise to its Creator that every heart thru the universe forever sings as one?
- c. Which is the stronger?
- d. Is it this tiny mouse or everything that God created?
- e. Can a mouse betray whom God has joined?

Questions from the Text

T-435 Force is irresistible in truth.

- a. What must happen when they come together?
- b. Can the illusion of immovability be long defended from what is quietly passed thru and gone beyond?

Ch. 22 §7 - **The Light of the Holy Relationship**

T-436 Do you want freedom of the body or of the mind?

- a. ... Which do you value?
- b. Which is your goal?

T-437 Who can deny himself the vision that he brings to others? Who would fail to recognize a gift he let be laid in Heaven thru himself?

T-438 When you have looked upon your brother with complete forgiveness ... what mistake can there be anywhere you cannot overlook?

- a. What form of suffering could block your sight, preventing you from seeing past it?
- b. What illusion could be that you will not recognize as a mistake; a shadow thru which you walk completely undismayed?
- c. Could remembrance of what they are be long delayed?

T-439 What can it be but universal blessing to look on what your Father loves with charity?

T-440 Think you the Will of God is powerless? Is this humility?

T-441 Who can attack the Son of God and not attack his Father? How can God's Son be weak and frail and easily destroyed unless his Father is?

- T-442 To attack another without [hurting] yourself ... [is the] belief you want. Yet wherein lies its value, except in the desire to attack in safety?
- T-443 [Consider] your holy relationship. What one thinks, the other will experience with him. What can this mean except your minds are one?
- T-444 Would you regret you cannot fear alone, when your relationship can also teach that the power of love is there, which makes all fear impossible?

Chapter 23 - **The War Against Yourself**

Ch. 23 §1 - **Introduction**

- T-445 Do you not see the opposite of frailty and weakness is sinlessness?
- T-446 How can the unreal be hidden?
- T-447 Where could [glory] be but in the innocent?
- T-448 Would you, for meaningless distractions, set Heaven aside?
- T-449 For who can know his glory, and [still] perceive the little and the weak?
- Who can walk trembling in a fearful world, and realize that Heaven's glory shines on him?
 - ... What can you value more than this?

Ch. 23 §2 - **The Irreconcilable Beliefs**

- T-450 Conflict within implies you believe ego has power to be victorious. Why else would you identify with it?
- T-451 Do you not realize a war against yourself would be a war on God?
- Is victory conceivable? If it were, is this a victory that you would want?
 - Death of God ... [is] your death. Is this a victory?

Questions from the Text

- T-452 Would you not now accept the peace offered you here?
- T-453 [Consider] nature proclaiming wind is no part of itself. Could nature possibly establish this, and make it true?
- T-454 Why would you fill your world with conflicts with yourself?
- T-455 How can the resting place of God turn on itself, and seek to overcome the One Who dwells there?

Ch. 23 §3 - **The Laws of Chaos**

- T-456 What is this precious thing, this priceless pearl, this hidden secret treasure, to be wrested in righteous wrath from this most treacherous and cunning enemy?
- T-457 What is it you want that needs [your brothers] death? Can you be sure your murderous attack is justified unless you know what it is for?
- T-458 The means of madness must be insane. Are you as certain that you realize the goal is madness?
- T-459 Chaos, by a great reversal appears to be laws of order. How could it not be so? How can it be that laws like these can be believed?
- T-460 How can some forms of murder not mean death?
- Can an attack in any form be love?
 - What form of condemnation is a blessing?
 - Who makes his savior powerless and finds salvation?
 - ... Who can find safety from attack by turning on himself?
 - How can it matter what the form this madness takes?

T-461 You do believe them.

- a. How else could you perceive the form they take, with content such as this?
- b. Can any form of this be tenable?
- c. ... Can you paint rosy lips upon a skeleton, dress it in loveliness, pet it and pamper it, and make it live?
- d. Can you be content with an illusion that you are living?

T-462 How can you know whether you chose the stairs to Heaven or the way to hell?

- a. How do you feel?
- b. Is peace in your awareness?
- c. Are you certain which way you go?
- d. Are you sure the goal of Heaven can be reached?

Ch. 23 §4 - **Salvation without Compromise**

T-463 Is it not true you do not recognize some of the forms attack can take?

- a. What form of murder serves to cover the massive guilt and frantic fear of punishment the murderer must feel?
- b. If the intent is death, what matter the form it takes?
- c. Is death in any form ... a blessing and a sign the Voice for God speaks thru you to your brother?

T-464 [Can] a little of the same be different... Does this make sense? Can it be understood?

T-465 Would you not want to recognize assault upon your peace in any form, if only thus does it become impossible that you lose sight of it?

T-466 Those who believe that peace can be defended ... cannot perceive it lies within them.

- a. How could they know?

Questions from the Text

- b. Could they accept forgiveness side by side with the belief that murder takes some forms by which their peace is saved?
- c. Would they be willing to accept the fact their savage purpose is directed against themselves?

T-467 Think you the form that murder takes can offer safety?

T-468 Can guilt be absent from a battlefield?

Ch. 23 §5 - **Above the Battleground**

T-469 What can be equal to the truth, yet different?

T-470 How can a body be extended to hold the universe?

- a. Can it create, and be what it creates?
- b. Can it offer its creations all that it is and never suffer loss?

T-471 How can a battle be perceived as nothingness when you engage in it?

T-472 How can the truth of miracles be recognized if murder is your choice?

T-473 Can [the battlefield] be anything that offers you a perfect calmness and a sense of love so deep and quiet that no touch of doubt can ever mar your certainty?

T-474 Will that last forever?

T-475 [Consider] those with the strength of God in their awareness...

- a. What could they gain but loss of their perfection?
- b. ... What can conflict with everything?
- c. What is there that offers less, yet could be wanted more?
- d. Who with the Love of God upholding him could find the choice of miracles or murder hard to make?

Chapter 24 - **The Goal of Specialness**

Ch. 24 §1 - **Introduction**

- T-473 Can it be He cannot enter where He wills to be? Can you believe a shadow can hold back the Will that holds the universe secure?
- T-474 What illusion that idly seems to drift between Them has the power to defeat what is Their Will?

Ch. 24 §2 - **Specialness as a Substitute for Love**

- T-475 Specialness ... always clashes with reality. What else could justify attack? Who could hate someone whose Self is his, and Whom he knows?
- T-476 Specialness is ... defeat and shame.
- How can he live, with all your sins upon him?
 - Who must be his conqueror but you?
 - Would it be possible for you to hate your brother if you were like him?
 - Could you attack him if you realized you journey with him, to a goal that is the same?
 - Would you not help him reach it in every way you could, if his attainment of it were perceived as yours?
- T-477 Can love have meaning where the goal is triumph? What decision can be made for this that will not hurt you?
- T-478 Could you attack your brother if you chose to see no specialness of any kind between you and him?
- T-479 Is it not always your belief that your specialness is limited by your relationship? Is not this the "enemy" that makes you and your brother illusions to each other?

Questions from the Text

T-480 Would you now defeat the goal of holiness that Heaven gave it? What perspective can the special have that does not change with every seeming blow, each slight, or fancied judgment on itself?

T-481 What is specialness but an attack on the Will of God?

Ch. 24 §3 - **The Treachery of Specialness**

T-482 Who can attack his savior and cut him down, yet recognize his strong support?

- a. Who can detract from his omnipotence, yet share his power?
- b. Who can use him as the gauge of littleness, and be released from limits?

T-483 If you think you are ...special, how can you know the truth? What answer that Holy Spirit gives can reach you, when it is your specialness to which you listen, and which asks and answers?

T-484 Yet how can truth be different to each one?

T-485 What would they see instead [of specialness]?

T-486 Is it a sacrifice to give up nothing, and to receive the Love of God forever?

T-487 Can it be that you have lost because [your brother] is complete?

T-488 How could readiness be reached save thru the sight of all your misery, and the awareness that your plan has failed, and will forever fail to bring you peace and joy of any kind?

Ch. 24 §4 - **The Forgiveness of Specialness**

T-489 How can I give my forgiveness wholly when I would not receive it for myself?

- T-490 Would God have left His Son in a state where safety has no meaning?
- T-491 How could They, [God and you], will the death of love itself?
- T-492 Would God condemn Himself to hell and to damnation? Do you will that this be done unto your savior?

Ch. 24 §5 - **Specialness versus Sinlessness**

- T-493 What could the purpose of the body be but specialness?
- T-494 What comfort has ever been in [illusions] that you would keep the gift your Father asks from Him, and give it there instead?

Ch. 24 §6 - **The Christ in You**

- T-495 Where could your peace arise but from forgiveness?
- T-496 Identify with Him, and what has He that you have not?
- T-497 What can specialness delight in but to kill?
- What does it seek for but the sight of death?
 - Where does it lead but to destruction?
- T-498 Is it joy to look upon decay and madness, and believe this crumbling thing, with flesh already loosened from the bone and sightless holes for eyes, is like [you] yourself?
- T-499 What but Christ is there to see and hear and love and follow home?
- T-500 Would He give a brother unto you except he is as perfect as yourself, and just as like to Him in holiness as you must be?
- T-501 Where is doubt when certainty has come?

Questions from the Text

Ch. 24 §7 - **Salvation from Fear**

- T-502 Where is your salvation, if [Christ] is but a body?
- a. Where is your peace but in his holiness?
 - b. Where is God but in that part of Him He set in your brother's holiness, so you might see the truth about yourself, set forth in terms you recognize and understand?
- T-503 [Consider] futility ... and condemnation. Would you not gladly realize these laws are not for you?
- T-504 Would you decide against the holiness He sees?

Ch. 24 §8 - **The Meeting Place**

- T-505 What is this son that you have made to be your strength?
- a. What is this child of Earth on whom such love is lavished?
 - b. What is this parody of God's creation that takes the place of yours?
 - c. Where are they, now that the host of God has found another son whom he prefers to them?
- T-506 How can you know your worth, while specialness claims you instead? How can you fail to know it in his holiness?
- T-507 Can you protect the mind?
- T-508 What would you save [the body] for?
- T-509 The test of everything on earth is this: "What is it for?"

Chapter 25 - **The Justice of God**

- Ch. 25 §1 [There are no questions in this section.]

Ch. 25 §2 - **The Link to Truth**

- T-510 How can you manifest the Christ in you except to look on holiness and see Him there?
- T-511 Everybody that you look upon reminds you of your sinfulness... Would you not despise the one who tells you this, and seek his death?

Ch. 25 §3 - **The Savior from the Dark**

- T-512 Is it not evident that what the body's eyes perceive fills you with fear?
- T-513 Is it not strange that you should cherish some hope of satisfaction from the world you see?
- T-514 How long is needed for you to realize the chance of change in this respect is hardly worth delaying change that might result in better outcome?
- T-515 Is it not true that you have found some hope apart from this; some glimmering, - inconstant, wavering, yet dimly seen, - that hopefulness is warranted on grounds that are not in this world?
- T-516 Can it make sense to hold the belief that there is reason to uphold pursuit of what has always failed...?
- T-517 Who hangs an empty frame upon a wall and stands before it, deep in reverence, as if a masterpiece were there to see? ... His masterpiece He offers you to see. Would you rather see the frame instead of this, and see the picture not at all?
- T-518 How could the Lord of Heaven not be glad if you appreciate His masterpiece?
- What could He do but offer thanks to you who love His Son as He does?
 - Would He not make known to you His Love, if you but share His praise of what He loves?

Ch. 25 §4 - **Perception and Choice**

- T-519 How can a misperception be a sin?
- T-520 What is justified? What do you want?
- T-521 The Son ... has the power to think he can be hurt.
- What could this be except a misperception of himself?
 - Is this a sin or a mistake, forgivable or not?
 - Does he need help or condemnation?
 - Is it your purpose that he be saved or damned?
 - [Is it your purpose to] forget not that what he is to you will make this choice your future?

Ch. 25 §5 - **The Light You Bring**

- T-522 Guilt and revenge... will disappear before the sun you bring.
- Would you not do this for the Love of God?
 - For yourself?
- T-523 What aim can supersede the Will of God and of His Son, that Heaven be restored to him for whom it was created as his only home?
- T-524 How better could your own mistakes be brought to truth than by your willingness to bring the light of Heaven with you, as you walk beyond the world of darkness into light?

Ch. 25 §6 - **The State of Sinlessness**

- T-525 Attack makes Christ your enemy, and God...
- Must you not be afraid with enemies like these?
 - Must you not be fearful of yourself?
 - ...Who would attack whatever he perceives as wholly innocent?

- d. Who, because he wishes to attack, can fail to think he must be guilty to maintain the wish, while wanting innocence?
- e. Who could see the Son of God as innocent and wish him dead?
- f. ... What is there to see by searching for your Savior, seeing Him thru sightless eyes?

Ch. 25 §7 - **The Special Function**

- T-526 Who can say that he prefers the darkness and maintain he wants to see?
- T-527 Would you behold your brother?

Ch. 25 §8 - **The Rock of Salvation**

- T-528 Is it possible what God created should not share the attributes of His creation, when it opposes it in every way?
- T-529 How could it be that hell and Heaven are the same?
- a. Is it possible that what He did not will cannot be changed?
 - b. What is immutable besides His Will?
 - c. What can share its attributes except itself?
 - d. What wish can rise against His Will, and be immutable?
- T-530 Who could create the changeless if it does not rest on truth?
- T-531 What is dependable except God's Love? And where does sanity abide except in Him?
- T-532 If ... God is mad ... what is this belief except a form of the more basic, "Sin is real, and rules the world"?

Ch. 25 §9 - **Justice Returned to Love**

- T-533 What but a little faith remains to those who still believe in sin? What could they know of Heaven and the justice of the saved?
- T-534 How could justice be defined without insanity where love means hate, and death is seen as victory and triumph over eternity and timelessness and life?
- T-535 Justice, being blind, is satisfied by being paid, it matters not by whom. Can this be justice?
- T-536 How could He be just if He condemns a sinner for the crimes he did not do, but thinks he did? Where would justice be if He demanded of the ones obsessed with the idea of punishment that they lay it aside, unaided, and perceive it is not true?
- T-537 They think the loss of sin a curse. What escape has He for them except a door to hell that seems to look like Heaven's gate?
- T-538 What but vengeance can help and save, while love stands feebly by with helpless hands, bereft of justice and vitality, and powerless to save?
- a. What can Love ask of you who think that all of this is true?
 - b. Could He, in justice and in love, believe in your confusion you have much to give?
- T-539 To him who merits everything, how can it be that anything be kept from him?
- a. ... What honest witnesses could they call forth to speak on his behalf?
 - b. Who would come to plead for him, and not against his life?

- T-540 What cause can be to warrant an attack upon the innocent?
- T-541 How can specialness be just? ... How can the special really understand that justice is the same for everyone?

Ch. 25 §10 - **The Justice of Heaven**

- T-542 What can it be but arrogance to think your little errors cannot be undone by Heaven's justice?
- a. What could this mean except that they are sins and not mistakes, forever uncorrectable, and to be met with vengeance, not with justice?
 - b. Are you willing to be released from all effects of sin?
- T-543 What order can there be in miracles, unless someone deserves to suffer more and others less?
- a. Is this justice to the wholly innocent?
 - b. ... Who is there who can be separate from salvation, if its purpose is the end of specialness?
 - c. Where is salvation's justice if some errors are unforgivable, and warrant vengeance in place of healing and return of peace?

Chapter 26 - **The Transition**

Ch. 26 §1 - **The Sacrifice of Oneness**

- T-544 What greater sacrifice could be demanded than that God's Son perceive himself without his Father? And his Father be without His Son?
- T-545 What witness to the Wholeness of God's Son is seen within a world of separate bodies, however much he witnesses to truth?

Questions from the Text

- T-546 Could it be that you could make his sins reality, and sacrifice his Father's Will for him?
- T-547 What is Holy Spirit's special function but to release the holy Son of God from the imprisonment he made to keep himself from justice? Could your function be a task apart and separate from His Own?

Ch. 26 §2 - **Many Forms; One Correction**

- T-548 Would it be fair to punish [your brother] because you will not look at what is there to see?

Ch. 26 §3 - **The Borderland**

- T-549 Complexity is not of God.
- How could it be, when all He knows is One?
 - How could there be complexity in Him?
 - What is there to decide?
 - How could strife enter in its simple presence, and bring complexity where oneness is?
- T-550 Who can make a choice between the wish for Heaven and the wish for hell unless he recognizes they are not the same?
- T-551 Is not this like your special function, where the separation is undone by change of purpose in what once was specialness, and now is union?
- T-552 Where all reality has been withdrawn from what was never true, can it be hard to give it up, and choose what must be true?

Ch. 26 §4 - **Where Sin Has Left**

- T-553 Who could behold the face of Christ and not recall His Father as He really is?
- Who could fear love, and stand upon the ground where sin has left a place for Heaven's altar to rise and tower far above the world, and reach beyond the universe to touch the Heart of all creation?
 - What is Heaven but a song of gratitude and love and praise by everything created to the Source of its creation?
- T-554 What but a miracle could change [your brother's] mind, so that he understands that love cannot be feared?
- What other miracle is there but this?
 - What else need there be to make the space between you disappear?

Ch. 26 §5 - **The Little Hindrance**

- T-555 Since you believe in [time], why should you waste it going nowhere, when it can be used to reach a goal as high as learning can achieve?
- T-556 He who lives in memories is unaware of where he is.
- Is this a hindrance to the place whereon he stands?
 - Is any echo from the past that he may hear a fact in what is there to hear where he is now?
 - How much can his own illusions about time and place effect a change in where he really is?
 - ... Is this a hindrance to the truth the past is gone, and cannot be returned to you?

Questions from the Text

- e. Do you want that fearful instant kept, when Heaven seemed to disappear and God was feared and made a symbol of your hate?
- T-557 Can sin withstand the Will of God? Can it be up to you to see the past and put it in the present?
- T-558 Would God allow His Son to lose his way along a road long since a memory of time gone by? ... How can he be kept in chains long since removed and gone forever from his mind?
- T-559 Will you not forgive [your brother] now, because he made an error in the past that God remembers not, and is not there?

Ch. 26 §6 - **The Appointed Friend**

- T-560 None can make one illusion real, and escape the rest.
 - a. Who can choose to keep the ones that he prefers, and find the safety that the truth alone can give?
 - b. Who can believe illusions are the same, and still maintain that even one is best?
- T-561 What God appointed has no substitute, for what illusion can replace the truth?
- T-562 Would you allow one shadow to usurp the throne that God appointed for your Friend, if you but realized its emptiness has left yours empty and unoccupied?

Ch. 26 §7 - **The Laws of Healing**

- T-563 What relevance has preference to the truth?
- T-564 What is forgiveness but willingness that truth be true? What can remain unhealed and broken from a unity which holds all things within itself?
- T-565 What is the Will of God?

T-566 Is fear a treasure?

- a. Can uncertainty be what you want?
- b. Or is it a mistake about your will, and what you really are?

T-567 Could He refuse to answer when He has already answered all who call on Him?

Ch. 26 §8 - **The Immediacy of Salvation**

T-568 Who can feel desolation except now?

T-569 Who can predict effects without a cause? Who could fear effects unless he thought they had been caused, and judged disastrous now?

T-570 Look now [for effects]. Why wait till they unfold in time and fear they may not come, although already there?

T-571 Why should the good appear in evil's form?

- a. Is it not deception if it does?
- b. ... Why are not its effects apparent, then?
- c. Why in the future?

T-572 What profits freedom in a prisoner's form? Why should deliverance be disguised as death?

T-573 Should not [Holy Spirit's] happiness be yours as well?

Ch. 26 §9 - **For They Have Come**

T-574 Is it too much to ask a little trust for him who carries Christ to you, that you may be forgiven all your sins, and left without a single one you cherish still?

- a. Would you trade Them for an ancient hate?
- b. What is a hundred or a thousand years to Them, or tens of thousands?

Questions from the Text

T-575 No one on earth but offers thanks to one who has restored his home... Shall the Lord of Heaven and His Son give less in gratitude for so much more?

Ch. 26 §10 - **The End of Injustice**

T-576 What remains to be undone for you to realize Their Presence?

T-577 What does it mean if you perceive attack in certain forms to be unfair to you? ... How could some be evaluated as unfair?

T-578 What could be more unjust than that he be deprived of what he is, denied the right to be himself, and asked to sacrifice his Father's Love and yours as not his due?

T-579 Can innocence be purchased by the giving of your guilt to someone else?

- a. Is it innocence that attack on him attempts to get?
- b. Is it not retribution for your own attack upon the Son of God you seek?
- c. Is it not safer to believe that you are innocent, and victimized despite your innocence?

Chapter 27 - **The Healing of the Dream**

Ch. 27 §1 - **The Picture of Crucifixion**

T-580 Who can combine the wholly incompatible, and make a unity of what can never join?

T-581 Who could live a life so soon cut short and not esteem the worth of passing joys?

- a. What pleasures could there be that will endure?

- b. Are not the frail entitled to believe that every scrap of pleasure is their payment for their little lives?

Ch. 27 §2 - **The Fear of Healing**

- T-582 Is healing frightening?
- T-583 Who has been injured by his brother, and could love and trust him still?
- T-584 [Your brothers] sins have no effect on you... How else could he be guiltless? How could his innocence be justified unless his sins have no effect to warrant guilt?
- T-585 How could Holy Spirit be deterred an instant to reason with an argument for sickness? Need your healing be delayed because you pause to listen to insanity?

Ch. 27 §3 - **Beyond All Symbols**

- T-586 Who can understand a double concept, such as "weakened power" or "hateful love"?
- T-587 Who can perceive effect without a cause? What can the causeless be but nothingness?
- T-588 What can stand for more than everything?

Ch. 27 §4 - **The Quiet Answer**

- T-589 The world asks but one question. ... "Of these illusions, which of them is true?"
 - a. Which ones establish peace and offer joy?
 - b. Which bring escape from all the pain of which this world is made?
- T-590 Which sin do you prefer? ... What can the body get that you would want the most of all?

Questions from the Text

T-591 The holy instant ... something new and different from the question. How could it be answered if it but repeats itself?

Ch. 27 §5 - **The Healing Example**

T-592 Who can bestow upon another what he does not have? Who can share what he denies himself?

T-593 What stands apart from you, when you accept the blessing that the holy instant brings?

T-594 Would not a world so bitterly bereft be looked on as a condemnation by the one who could have saved it, but stepped back because he was afraid of being healed?

T-595 What is there to fear?

Ch. 27 §6 - **The Witnesses to Sin**

T-596 [If] no one will elect to suffer more, what better function could you serve than this?

Ch. 27 §7 - **The Dreamer of the Dream**

T-597 How could there be another way to solve a problem that is very simple, but has been obscured by heavy clouds of complication, which were made to keep the problem unresolved?

T-598 What could you choose between life or death, waking or sleeping, peace or war, your dreams or your reality?

T-599 What choices can be made between two states, [if only] one of which is clearly recognized? Who could be free to choose between effects, when only one is seen as up to him?

T-600 You see and do not doubt. How could you doubt while you lie asleep, and dream ... that its cause is real?

Ch. 27 §8 - **The Hero of the Dream**

- T-601 Who reacts to figures in a dream unless he sees them as if they were real?
- T-602 How willing are you to escape effects of all the dreams the world has ever had? Is it your wish to let no dream appear to be the cause of what it is you do?
- T-603 Holy Spirit looks not to effects. How else could He correct your error, [as you] have overlooked the cause entirely?

Chapter 28 - **The Undoing of Fear**

Ch. 28 §1 - **The Present Memory**

- T-604 Why would you cling to [guilt] in memory if you did not desire its effects?
- T-605 Who would keep a senseless lesson in his mind, when he can learn and can preserve a better one?
- T-606 What has been lost, to see the causeless not?
- T-607 Where is sacrifice, when memory of God has come to take the place of loss?
- T-608 What better way to close the little gap between illusions and reality than to allow the memory of God to flow across it...?

Ch. 28 §2 - **Reversing Effect and Cause**

- T-609 Where is healing?
- T-610 Do you wish for dreams of healing, or of death?
- T-611 This world is causeless. What could be expected from a thing that has no cause?

Ch. 28 §3 - **The Agreement to Join**

- T-612 Where is the gap between the waves when they have joined and covered the space which seemed to keep them separate? Where are the grounds for sickness when minds have joined to close the little gap between them, where seeds of sickness seemed to grow?
- T-613 What is the world except a little gap perceived to tear eternity apart and break it into days ... and years?
- T-614 What are you who live within the world except a picture of the Son of God in pieces, each concealed in a separate and uncertain bit of clay?

Ch. 28 §4 - **The Greater Joining**

- T-615 Who seeks for substitutes when he perceives he has lost nothing? Who would want to have the benefits of sickness when he has received the simple happiness of health? ... What would you perceive within the gap?

Ch. 28 §5 - **The Alternate to Dreams of Fear**

- T-616 What is a sense of sickness but a sense of limitation? Of a splitting off and separating from? A gap that is perceived between you and your brother...?
- T-617 What can be between illusion and the truth?
- T-618 What is there God created to be sick? What that He created not can [actually] be?

Ch. 28 §6 [There are no questions in this section.]

Ch. 28 §7 - **The Ark of Safety**

- T-619 What will can come between what must be One, and in Whose Wholeness there can be no gap?

- T-620 Are you not sick, if you deny yourself your wholeness and your health, the Source of help, the Call to healing and the Call to heal?
- T-621 What could correct for separation but its opposite?
- T-622 The body can be made a home... Who can build his home upon a straw, and count on it as shelter from the wind?
- T-623 What is the sense in seeking to be safe in what was made for danger and for fear?
- a. Why burden it with locks and chains ... when its weakness lies ... in the frailty of the little gap of nothingness whereon it stands?
 - b. What can be safe that rests upon a shadow?
 - c. Would you build your home upon what will collapse beneath a feather's weight?
- T-624 What gap can interpose itself between the safety of this shelter and its Source?

Chapter 29 - **The Awakening**

Ch. 29 §1 - **The Closing of the Gap**

- T-624 You ... perceive a gap between your brother and yourself. How could you trust Him, then?
- T-625 Would you know that nothing stands between you and your brother? Would you know there is no gap behind which you can hide?
- T-626 Without the fear of God, what could induce you to abandon Him?

Questions from the Text

- a. What toys or trinkets in the gap could serve to hold you back an instant from His Love?
- b. Would you allow the body to say "no" to Heaven's calling, were you not afraid to find a loss of self in finding God?
- c. Can your self be lost by being found?

Ch. 29 §2 - **The Coming of the Guest**

- T-627 Why would you not perceive it as release from suffering to learn that you are free?
- a. Why would you not acclaim the truth instead of looking on it as an enemy?
 - b. Why does an easy path ... seem thorny, rough and far too difficult for you to follow?
 - c. Is it not because you see it as the road to hell instead of ... a simple way, without ... any loss, to find yourself in Heaven and in God?
- T-628 Why are you not rejoicing?
- T-629 [The world] seems to be in constant change. Yet what is that except the state confusion really means?
- T-630 What becomes of you, for it is you of whom the sacrifice is asked?

Ch. 29 §3 - **God's Witnesses**

- T-631 Who is savior but the one who gives salvation?
- T-632 For who could give unless he has, and who could lose by giving what must be increased thereby?
- T-633 [Do you] think the Father lost Himself when He created you?
- a. Was He made weak because He shared His Love?

- b. Was He made incomplete by your perfection?
- c. Are you the proof that He is perfect and complete?

Ch. 29 §4 - **Dream Roles**

- T-634 Do you believe that truth can be but some illusions?
- T-635 Could it be some dreams are kept, and others awakened from?
- T-636 When you are angry, is it not because someone has failed to fill the function you allotted? Does not this become the "reason" your attack is justified?
- T-637 What is your brother for?

Ch. 29 §5 - **The Changeless Dwelling Place**

- T-638 Would you not want to be a friend to him, created by his Father as His home?
- a. If God esteems him worthy of Himself, would you attack him with the hands of hate?
 - b. Who would lay bloody hands on Heaven itself, and hope to find its peace?
- T-639 Why does it seem so hard to share this dream?

Ch. 29 §6 - **Forgiveness and the End of Time**

- T-640 How willing are you to forgive your brother? How much do you desire peace instead of endless strife and misery and pain?

Ch. 29 §7 - **Seek Not Outside Yourself**

- T-641 Pain comes simply from a futile search.
- a. What if it is not there?

Questions from the Text

- b. Do you prefer that you be right or happy?
- T-642 [If] you came to die, what would you expect but to perceive the signs of death you seek?
- T-643 Where are dreams but in a mind asleep? Can a dream succeed in making real the picture it projects outside itself?

Ch. 29 §8 - **The Anti-Christ**

- T-644 What is an idol? Do you think you know?
- T-645 [Idols are] where God abides not.
 - a. Where is this place where what is everywhere has been excluded and been kept apart?
 - b. What hand could be held up to block God's way?
 - c. Whose voice could make demand He enter not?
- T-646 What is an idol?
 - a. ... Where is an idol?
 - b. Can there be a gap in what is infinite, a place where time can interrupt eternity?
 - c. ... What purpose has an idol, then? What is it for?
- T-647 Who can have more, and who be given less?
- T-648 If Heaven is within, why would you seek for idols that would make of Heaven less, to give you more than God bestowed upon your brother and on you, as one with Him?

Ch. 29 §9 - **The Forgiving Dream**

- T-649 What happened to the holy Son of God that [it] could be his wish to let himself fall lower than the stones upon the ground, and look to idols [to] raise him up?
- T-650 How can God's Son awaken from the dream?

- T-651 Who could wish for [an idol] unless he were in terror and despair?
- T-652 Who has need of toys but children?
- a. ... Can a dream attack?
 - b. Can a toy grow large and dangerous and fierce and wild?
- T-653 Where is time, when dreams of judgment have been put away?

Chapter 30 - **The New Beginning**

Ch. 30 §1 [There are no questions in this section.]

Ch. 30 §2 - **Rules for Decision**

- T-654 What can I lose by asking?
- T-655 Whose kingdom is the world for you today? What kind of day will you decide to have?

Ch. 30 §3 - **Freedom of Will**

- T-656 Do you not understand that to oppose Holy Spirit is to fight yourself?
- T-657 Would God leave His Son without what he has chosen for himself?
- T-658 What cause do you have for anger in a world that merely waits your blessing to be free?

Ch. 30 §4 - **Beyond All Idols**

- T-659 What form can be a substitute for God the Father's Love?
- a. What form can take the place of all the love in the Divinity of God the Son?

Questions from the Text

- b. What idol can make two of what is one?
- c. Can the limitless be limited?
- T-660 What idol can be called upon to give the Son of God what he already has?
 - a. ... What idol can he need to be himself?
 - b. For can he give a part of him away?
- T-661 Where could the Thought God holds of you exist but where you are? Is your reality a thing apart from you, and in a world which your reality knows nothing of?

Ch. 30 §5 - **The Truth behind Illusions**

- T-662 [Are you] at the mercy of [your] toys? Can they represent a threat to [you]?
 - a. Who could be made fearful by a power that can have no real effects at all?
 - b. What could it be but an illusion, making things appear like to itself?
 - c. ... What can the power of illusions do?
- T-663 Salvation is a paradox indeed! What could it be except a happy dream?
- T-664 What could God's plan for his salvation be, except a means to give him to Himself?

Ch. 30 §6 - **The Only Purpose**

- T-665 Now that you have come, would He delay in showing you the way that He must walk with you?
- T-666 What happiness have you sought here that did not bring you pain? What moment of content has not been bought at fearful price in coins of suffering?

Ch. 30 §7 - **The Justification for Forgiveness**

- T-667 You set a goal of partial pardon... What can this be except a false forgiveness of yourself, and everyone who seems apart from you?
- T-668 Guilt has not succeeded to make illusions real. What is this except a simple statement of the truth?
- T-669 The Son of God has become ... a graven image...
- Is this your savior?
 - Is his Father wrong about His Son?
 - Have you been deceived in him who has been given you to heal, for your salvation and deliverance?

Ch. 30 §8 - **The New Interpretation**

- T-670 Would God have left the meaning of the world to your interpretation?
- T-671 What do your scripts reflect except your plans for what the day should be?
- T-672 What have you really done, except to show there was no meaning?
- T-673 If [events have] different meanings, they reflect different purposes. ... Can this be meaning? Can confusion be what meaning means?
- T-674 How can communication really be established while the symbols that are used mean different things?

Ch. 30 §9 - **Changeless Reality**

- T-675 What is temptation but a wish to make illusions real?
- T-676 The Christ in him is perfect. Is it this that you would look upon? ... Why should you fear to see the Christ in him?

Chapter 31 - **The Final Vision**

Ch. 31 §1 - **The Simplicity of Salvation**

- T-677 The impossible has not occurred, and has no effects.
- Can this be hard to learn by anyone who wants it to be true?
 - How hard is it to see that what is false cannot be true, and what is true cannot be false?
 - Why, then, do you persist in not learning such simple things?
- T-678 Who could maintain that lessons such as these are easy?
- T-679 They call from God and from your Self to you.
- Is this a little Voice, so small and still It cannot rise above the senseless noise of sounds that have no meaning?
 - Which lesson will you learn?
 - What outcome is inevitable, sure as God, and far beyond all doubt and question?
 - Can it be your little learning, strange in outcome and incredible in difficulty will withstand the simple lessons being taught to you in every moment of each day, since time began and learning had been made?
- T-680 What is temptation but a wish to make the wrong decision on what you would learn, and have an outcome that you do not want?

Ch. 31 §2 - **Walking with Christ**

- T-681 There is an ancient battle being waged against the truth.
- Who could be hurt in such a war, unless he hurts himself?

b. Can he be assailed by dreams?

T-682 Your brother ... has no purpose [or] usefulness to you.

a. What of him?

b. What does he want of you?

c. What could he want, but what you want of him?

d. ... What does he ask you for?

T-683 He is afraid to walk with you... Can you make progress if you think the same, advancing when he would step back, and falling back when he would go ahead?

T-684 Is it not clear that while you still insist on leading or on following, you think you walk alone, with no one by your side?

Ch. 31 §3 - **The Self-Accused**

T-685 Why should his sins be sins, if you did not believe they could not be forgiven in you?

a. Why are they real in him, if you did not believe that they are your reality?

b. Why do you attack them everywhere except you hate yourself?

c. Are you a sin?

d. ... What can you deserve but what you are?

e. If you do not believe you deserved attack, it never occurs to give attack to anyone. Why should you?

f. What would be the gain to you?

g. What could the outcome be that you would want?

h. How could murder bring you benefit?

Ch. 31 §4 - **The Real Alternative**

- T-686 [One can] think the world offer ... escape from problems that its purpose is to keep. Why should this be?
- T-687 Difficulties ... are your concern. How, then, can you escape from them by leaving them behind?
- T-688 Why would you seek to try another road ... when you have learned the way the lesson starts, but do not yet perceive what it is for?
- T-689 Who would be willing to be turned away from all the roadways of the world, unless he understood their real futility?
- a. Is it not needful that he should begin with this, to seek another way instead?
 - b. While he sees a choice where there is none, what power of decision can he use?
 - c. ... What decision has power if it be applied in situations without choice?
- T-690 What road in the world will lead within, when every road was made to separate the journey from the purpose ... unless it be but futile wandering?
- a. There is no road that leads away from Him.
 - b. Where could it go?
 - c. How could you be made to travel on it, walking there without your own reality at one with you?

Ch. 31 §5 - **Self-Concept versus Self**

- T-691 Is it not a well-known fact the world deals harshly with defenseless innocence?
- T-692 What is a concept but a thought to which its maker gives a meaning of his own?

- T-693 What proof is there that you are what your brother made of you?
- Does he react for you?
 - Does he know exactly what would happen?
 - Can he see your future and ordain, before it comes, what you should do in every circumstance?
 - Who gave the face of innocence to you?
 - Is this your contribution?
 - Who is the "you" who made it?
 - Who is deceived by all your goodness, and attacks it so?
 - If one were generated by your brother, who was there to make the other?
 - From whom must something be kept hidden?
 - If the world be evil, there is no need to hide... Who is there to see?
 - What but is attacked could need defense?
- T-694 What would happen to the world you see, if all its underpinnings were removed?
- T-695 Who was it that did the choosing first?
- T-696 What matters which concept you accept while you perceive a self that interacts with evil, and reacts to wicked things?
- T-697 Who could have trust where so much change is seen, for who is worthy if he is but dust?

Ch. 31 §6 - **Recognizing the Spirit**

- T-698 The veil of ignorance ... must ... disappear, so that perception finds no hiding place.
- How is this done?

Questions from the Text

- b. What could there be within the universe that God created that must still be done?

T-699 Are you invulnerable?

- a. Do you forgive?
- b. Are you a body?
- c. Are you a spirit, deathless, without ... corruption...?
- d. Who is unwelcome to the kind in heart?
- e. What could hurt the truly innocent?

Ch. 31 §7 - **The Savior's Vision**

T-700 Would you not rather look upon yourself as needed for salvation of the world, instead of as salvation's enemy?

T-701 What is temptation but the wish to stay in hell and misery?

T-702 What could this give rise to but an image of yourself that can be miserable, and remain in hell and torment?

T-703 While you wish to stay in hell, how could you be the savior of the Son of God?

T-704 What is the meaning of what I behold?

T-705 Temptation ... is a wish ... to make yourself a thing that you are not. Can this be difficult to choose against?

T-706 Can you to whom God says, "Release My Son!" be tempted not to listen, when you learn that it is you for whom He asks release?

- a. What but this is what this *Course* would teach?
- b. What but this is there for you to learn?

Ch. 31 §8 - **Choose Once Again**

T-706 Choose ... if you would take your place among the saviors... How do you make the choice?

T-707 **Can you fail in what is but Your Will?**

END OF QUESTIONS FROM THE TEXT

Questions from the Workbook for Students

Part One

- W-1 Look at [an object]. ... What do you know except what you learned in the past? ... Do you really see it? (L# 7)
- W-2 Why should a meaningless world upset you? (L# 12)
- W-3 Can salvation of the world be a trivial purpose? (L# 20)
- W-4 Can the world be saved if you are not? (L# 20)
- W-5 What peace of mind is possible to him [occupied by attack thoughts]? (L# 22)
- W-6 Is it not joyous news to hear that it is not real? Is it not a happy discovery to find that you can escape? (L# 22)
- W-7 Is this the world I really want to see? (L# 22)
- W-8 The world you see is vengeful. Is not fantasy a better word for [this], and hallucination a more appropriate term for the result? (L# 23)
- W-9 Where is the world when its cause is gone? (L# 23)
- W-10 You want to see. The question is: How often will you remember? How much do you want [this] idea to be true? (L# 27)
- W-11 You want to see [an object] differently. In itself it is not important at all. Yet what is by itself? What does "in itself" mean? (L# 28)
- W-12 You look on things. You do not see them now. Would you know what is in them? (L# 29)
- W-13 If guilt is hell, what is its opposite? ... Do you believe that guilt is hell? (L# 39)

W-14 What about your salvation? ... How else can you teach salvation? (L# 39)

W-15 How could you, to whom your holiness belongs, be excluded from it? ... Can it be He does not know his son? (L# 39)

W-16 How could you believe, when the truth is hidden deep within, under a cloud of insane thoughts ... yet representing all you see? (L# 41)

W-17 What are your real thoughts? (L# 45)

W-18 What can you predict or control? (L# 47)

- a. What is there in you that can be counted on?
- b. What would give you the ability to be aware of all the facets of any problem, and to resolve them in such a way that only good can come of it?
- c. What is there in you that gives you the recognition of the right solution, and the guarantee that it will be accomplished?

W-19 Who can put faith in weakness and feel safe? Who can put his faith in strength and feel weak? (L# 47)

W-20 How could I understand what I see when I have judged it amiss? (L# 51)

W-21 I can [let go] of what I see by being willing. Is not this a better choice than the one I made before? (L# 51)

W-22 I see my own thoughts. What can I see as it is? ... What can these thoughts mean? (L# 52)

W-23 Would I not rather join the universe than to obscure all with my pitiful and meaningless "private" thoughts? (L# 52)

W-24 How can a meaningless world exist if God did not create it? (L# 53)

W-25 Why should I suffer the effects of my insane thoughts, when the perfection of creation is my home? (L# 52)

Questions from the Workbook

- W-26 How could I recognize my own best interests when I do not know who I am? (L# 55)
- W-27 How can I know who I am when I see myself as under constant attack? (L# 56)
- W-28 How can I be the victim of a world that can be completely undone if I so choose? (L# 57)
- W-29 What is to be saved from except illusions? What are all illusions except false ideas about myself? (L# 57)
- W-30 How can I be alone when God always goes with me? (L# 59)
- a. How can I be doubtful and unsure of myself when perfect certainty abides in Him?
 - b. How can I be disturbed by anything when He rests in me in absolute peace?
 - c. How can I suffer when love and joy surround me thru Him?
- W-31 What could there be to fear in a world that I have forgiven, and that has forgiven me? (L# 60)
- W-32 Who is the light of the world except God's Son? (L# 61)
- W-33 Do you not understand what forgiveness will do for you? (L# 62)
- W-34 [You] bring peace to minds. What purpose could you have that would bring you greater happiness? (L# 63)
- W-35 Who but your Self must be His Son? (L# 63)
- W-36 [Choose] happiness or unhappiness. Can such a simple decision really be difficult to make? (L# 64)
- W-37 Your function is established by God ... or made by ego. Which is true? (L# 66)
- W-38 Does the ego really have gifts to give, being itself an illusion and offering only the illusion of gifts? (L# 66)

- W-39 [Consider] salvation under ego guidance. (L# 66)
- Did you find it?
 - Were you happy?
 - Did it bring you peace?
- W-40 Your mind weaves illusions... Can all this arise from holding grievances? (L# 68)
- W-41 Who can dream of hatred and not fear God? (L# 68)
- W-42 Would you not be willing to relinquish your grievances if you believe [you will] remember who you are? (L# 68)
- W-43 What guarantees that you will not find salvation than to channel efforts in searching where it is not? (L# 71)
- W-44 [Consider] confusion, misery and a deep sense of failure and despair. How can you escape this? (L# 71)
- W-45 Ask very specifically: (L# 71)
- What would You have me do?
 - Where would You have me go?
 - What would You have me say, and to whom?
- W-46 Consider ... what you hold grievances for. Are they not always associated with something a body does? (L# 72)
- W-47 If God is a body, what must His plan for salvation be? What could it be but death? (L# 72)
- W-48 What is salvation? (L# 72)
- W-49 Can a world [of guilt] have been created by the Will the Son shares? (L# 73)
- Did God create disaster for His Son?
 - Would God create a world that kills Himself?
- W-50 Do you really want to be in hell? Do you really want to weep and suffer and die? (L# 73)

Questions from the Workbook

- W-51 Who can see that a problem has been solved if he thinks the problem is something else? (L# 79)
- W-52 My grievances show me what is not there. What do I want my grievances for? (L# 85)
- W-53 Your faith lies in the darkness, not the light. How can this be reversed? (L# 91)
- W-54 I am not a body. What am I? (L# 91)
- W-55 Why would you not be overjoyed to be assured that ... light and joy and peace abide in you? (L# 93)
- W-56 The self you made is not the Son. ... What power can this self you made possess...? (L# 93)
- W-57 Who can resolve the senseless conflicts which a dream presents? (L# 96)
- What could the resolution mean in truth?
 - What purpose could it serve?
 - What is it for?
- W-58 Would you have God's plan for the release of His Son bring pain, and fail to set him free? (L# 96)
- W-59 Is it worth five minutes each hour... to recognize your special function here? (L# 98)
- W-60 What joins the separated mind ... with Mind and Thought which are forever One? (L# 99)
- What plan could hold the truth inviolate, yet recognize the need illusions bring.
 - [What could] offer means by which they are undone without attack and with no touch of pain?
 - What but a Thought of God could be this plan, by which the never done is overlooked, and sins forgotten which were never real?

- W-61 God's Will is perfect happiness. Why should you choose to go against His Will? (L# 100)
- W-62 You can reach Him now. (L# 100)
- What could you rather look upon in place of Him Who waits that you may look on Him?
 - What little thought has power to hold you back?
 - What foolish goal can keep you from success when He Who calls to you is God Himself?
- W-63 If sin is real, salvation is pain. (L# 101)
- Who would seek out such savage punishment?
 - Who would not flee salvation, and attempt to drown the Voice which offers it to him?
 - Why would he accept its offering?
- W-64 Who could reach God's Son except his Father, calling thru your Self? (L# 106)
- W-65 What does it mean to give and to receive? (L# 106)
- W-66 What can correct illusions but the truth? What are errors but illusions that remain unrecognized? (L# 107)
- W-67 Can you imagine what a state of mind without illusions is? How it would feel? (L# 107)
- W-68 It is your Self you ask to go with you. How could He be absent where you are? (L# 107)
- W-69 What is light except the resolution ... of your conflicts ... into one concept which is wholly true? (L# 108)
- W-70 What can you trust but what is in your own mind? (Intro. to Third Wkbk. Rev.)
- W-71 Who has created me for what I will forever be? (L# 114)

Questions from the Workbook

W-72 What can the unforgiving mind perceive but its damnation? What can it behold except the proof that all its sins are real? (L# 121)

W-73 What could you want forgiveness cannot give? (L# 122)

- a. Do you want peace?
- b. Do you want a quiet mind, certainty of purpose, worth and beauty that transcends the world?
- c. Do you want care and safety, and the warmth of sure protection always?
- d. Do you want quietness that cannot be disturbed, gentleness that never can be hurt, deep abiding comfort and a rest so perfect it can never be upset?
- e. What gifts but these are worthy to be sought?
- f. What fancied value or transient promise, never kept, can hold more hope than forgiveness brings?
- g. Why would you seek an answer other than the answer that will answer everything?

W-74 Would you stand outside while all of Heaven waits for you within? (L# 122)

W-75 It remains your right [to make] the sinner pay. (L# 126)

- a. Would the Lord of Heaven allow salvation to depend on this?
- b. Would not His care for you be small indeed, if your salvation rested on a whim?

W-76 Would He ask for a gift unless it was for you? Could He be satisfied with empty gestures and evaluate such petty gifts as worthy of His Son? (L# 126)

W-77 [Consider] joy and peace. Think you this world can offer that to you? (L# 129)

W-78 Is it a loss to find a world instead where losing is impossible; where love endures forever, hate cannot exist and vengeance has no meaning? (L# 129)

W-79 Is it loss to find all things you really want, and know they have no ending and they will remain exactly as you want them throughout time? (L# 129)

W-80 What loss can be for you in choosing not to value nothingness? (L# 129)

W-81 Who can really hate and love at once? (L# 130)

- a. Who can desire that he does not want to have reality?
- b. Who can choose to see a world of which he is afraid?

W-82 What, then, can fear project upon the world? (L# 130)

- a. What can be seen in darkness that is real?
- b. What can be real in blind imaginings of panic?
- c. What would you want in this as shown to you?
- d. What would you keep in such a dream?

W-83 Who could succeed where contradiction is the setting of his searching, and the place to which he comes to find stability? (L# 131)

- a. Who can use such senseless means, and hope to gain in anything?
- b. Where can they lead?
- c. What could they achieve that offers any hope of being real?

W-84 Why wait for Heaven? ... How could the Will of God be in the past or yet to happen? (L# 131)

W-85 How could it be His Son could be in hell when God Himself established him in Heaven? Could he lose what Eternal Will has given to be his home forever? (L# 131)

Questions from the Workbook

- W-86 How could the Son of God make time to take away the Will of God? (L# 131)
- W-87 What keeps the world in chains but your beliefs? And what can save the world except your Self? (L# 132)
- W-88 How can a world of time and place exist, if you remain as God created you? (L# 132)
- W-89 [What] is inherent in the world you see? Does it create like Him? (L# 132)
- W-90 Can a world [apart from God] be real? Can it be anywhere? (L# 132)
- W-91 Consider your choices: (L# 132)
- Why is the choice you make of value to you?
 - What attracts your mind to it?
 - What purpose does it serve?
- W-92 Who suffers for sins [that are] but mistakes? (L# 132)
- W-93 No decision can be difficult; what is the gain to you in learning this? (L# 133)
- W-94 Truth is God's creation. Does this need pardon? How can you forgive the sinless and eternally benign? ... Would I accuse myself of doing this? ... Condemn myself? ... Accuse myself? (L# 134)
- W-95 Who would defend himself unless he thought he were attacked, that the attack were real, and that his own defense could save himself? ... Is it not strange you do not pause to ask ... what you defend and how and against what? (L# 135)
- W-96 What but the body has such frailty that constant care ... is needed to protect its little life? What but the body falters...? (L# 135)

- W-97 Your home is open to the thief of time. (L# 135)
- Is not this picture fearful?
 - Can you be at peace with such a concept of your home?
 - Yet what endowed the body with the right to serve you thus except your own belief?
 - Who would make defense of something that he recognized as this?
- W-98 A self that needs protection is not real. ... Who would want to keep it when its usefulness is done? (L# 135)
- W-99 Healing is the body's only defense. Yet is this where you look for its defense? (L# 135)
- W-100 What could you not accept if [everything's] ...only purpose is your good? (L# 135)
- W-101 What little plans or magical beliefs can still have value, when you have received your function from the Voice for God Himself? (L# 135)
- W-102 Who but yourself evaluates a threat ... that has been judged as real? (L# 136)
- W-103 How do you think that sickness can succeed in shielding you from truth? (L# 136)
- W-104 Yet who believes illusions but the one who made them up? Who else can see them and react to them as if they were the truth? (L# 136)
- W-105 Would you not offer shelter to God's Will? You but invite your Self to be at home. Can this invitation be refused? (L# 137)
- W-106 We will remember... Is a minute of an hour worth the giving to receive a gift like this? Is not a little time a small expense for the gift of everything? (L# 137)

Questions from the Workbook

W-107 Who can decide between the clearly seen and the unrecognized? (L# 138)

- a. Who can fail to make a choice between alternatives when only one is seen as valuable...?
- b. Who hesitates to make a choice like this?
- c. Shall we hesitate to choose today?

W-108 What is choice except uncertainty of what we are? (L# 139)

W-109 There is no conflict that does not entail the single, simple question, "What am I?" (L# 139)

- a. Who would ask this question except one who has refused to recognize himself?
- b. What is life except to be you?
- c. What can you be but alive?
- d. Who is the doubter?
- e. What is it he doubts?
- f. Whom does he question?
- g. Who can answer him?

W-110 [Identity uncertainty] is the universal question. (L# 139)

- a. What does this mean except the world is mad?
- b. Why share its madness in the sad belief that what is universal here is true?

W-111 What difference does the content of a dream make in reality? (L# 140)

W-112 How can one illusion differ from another but in attributes ... and nothing is truly different? (L# 140)

W-113 You [have] learned that ... senses deceive... (L# 151)

- a. Why would you trust them?
- b. Why but because of underlying doubt, which you would hide with show of certainty?
- c. How can you judge?
- d. How do you judge?
- e. Can this be judgement?

W-114 What can the body mean to Him Who knows the glory of the Father and the Son? (L# 151)

- a. What whispers of the ego can He hear?
- b. What could convince Him that your sins are real?

W-115 Can truth have exceptions?

- a. If you have the gift of everything, can loss be real?
- b. Can pain be part of peace, or grief of joy?
- c. Can fear and sickness enter in a mind where love and perfect holiness abide? (L# 152)

W-116 Is it not strange that you believe to think you made the world you see is arrogance? (L# 152)

W-117 What can [God] know of the ephemeral, sinful and guilty, the afraid, suffering and lonely, and the mind that lives within a body that must die? (L# 152)

W-118 Can you see what God created not? What could be more arrogant than this? (L# 152)

W-119 What can save you from your delusion of an angry god? ... What but illusions could defend you when it is illusions that you fight? (L# 153)

Questions from the Workbook

- W-120 God's ministers chose that truth be with them. (L# 153)
- Who is holier than they?
 - Who could be surer that happiness is guaranteed?
 - Who could be more mightily protected?
 - What defense could be needed by ones who are the chosen, by His election and their own?
- W-121 Think you He will not make [Heaven] possible, for you who chose to carry out His plan for the salvation of the world and yours? (L# 153)
- W-122 Would you receive the messages of God? (L# 154)
- W-123 You have [all]. What can this mean to you, until you have identified with Him and His Own? (L# 154)
- W-124 Let reality lead. What other choice is really [yours] to make? (L# 155)
- W-125 Walk to God. (L# 155)
- Could any way be holier and more deserving of your effort of your love and of your full intent?
 - What way could give you more than everything, or offer less and still content the holy Son of God?
 - What way but this could be a path that you would choose instead?
- W-126 Ideas leave not their source; how can you be apart from God? How could you walk the world alone and separate from your Source? (L# 156)
- W-127 Who would waste an instant in approach to God Himself for such a senseless whim [as sin]? (L# 156)

W-128 Who walks with me? (This question should be asked a thousand times a day.) (L# 156)

W-129 What has been given you? (L# 158)

W-130 What are you to learn to give today? (L# 158)

W-131 Are you not worth the gift, when God appointed it be given you? (L# 159)

W-132 [If] your self remains alien ... who could be sane in such a circumstance? (L# 160)

W-133 Who but a madman could believe he is what he is not, and judge against himself? (L# 160)

W-134 This is my home... What reason is there for not saying this? What could the reason be except that you ... let you be a stranger to yourself? (L# 160)

W-135 Who is the stranger? (L# 160)

- a. Is it fear or you who are unsuited to the home which God provided for His Son?
- b. Is fear His own, created in His likeness?
- c. Is it fear that love completes, and is completed by?

W-136 What do [you] search for? Can [you] find? (L# 160)

W-137 Who is the stranger? Is he not the one your Self calls not? (L# 160)

W-138 Every mind is one... [Does this] make the meaning of creation clear? Do these words bring perfect clarity with them to you? (L# 161)

W-139 What but mind directs the body to attack? What else could be the seat of fear except what thinks of fear? (L# 161)

Questions from the Workbook

W-140 Would you request that love destroy itself? Or have it revealed to you and set you free? (L# 161)

W-141 You are not forgotten in Heaven. Would you not remember it? (L# 161)

W-142 Who could cherish sin when holiness has blessed the world? (L# 162)

- a. Who could despair when perfect joy is yours, available to all ... for escape from sin and guilt?
- b. And who would not be brother to you now?
- c. Who could fail to welcome you with loving invitation, eager to unite in holiness?

W-143 Would you bow to idols such as [death]? (L# 163)

W-144 Death's worshippers may be afraid. Yet, can thoughts like these be fearful? (L# 163)

W-145 [When] but now can truth be recognized? (L# 164)

W-146 Is not [saving the world] a purpose worthy to be yours? Is not vision worthy to be sought above the world's unsatisfying goals? (L# 164)

W-147 Would God deceive you? Can His promise fail? Can you withhold so little, when His Hand holds out complete salvation to His Son? (L# 164)

W-148 What makes this world seem real except your own denial of the truth that lies beyond? (L# 165)

- a. What but thoughts of misery and death obscure the happiness and eternal life your Father wills?
- b. What hides what cannot be [hidden, but] illusion?
- c. What keeps from you what you have except your choice to see it not, denying it is there?

- W-149 Who would deny his safety and his peace? (L# 165)
- [Who would deny] his joy, healing, ... rest, calm awakening, if he but recognized where they abide?
 - Would he not instantly ... go where they are found, abandoning all else as worthless in comparison?
 - Having found them, would he not make sure they stay with him, and he remain with them?
- W-150 [Imagine] you have the treasure you always sought. What would you then exchange for it? What would induce you now to let it fade away from your ecstatic vision? (L# 165)
- W-151 Would God consent to let His Son remain forever starved by his denial of the nourishment he needs to live? (L# 165)
- W-152 What would make you think there is another will than His? (L# 166)
- W-153 Is he really tragic, when he is following the way he chose, and needs but realize ...? (L# 166)
- W-154 How can you proclaim poverty in exile? Where is self-pity then? (L# 166)
- W-155 What becomes of the tragedy you sought to make for him whom God intended only joy? (L# 166)
- W-156 Who changes life because he shuts his eyes, or makes himself what he is not because he sleeps, and sees in dreams an opposite to what he is? (L# 167)
- W-157 God speaks. Shall we not speak to Him? (L# 168)
- W-158 Would He not gladly give the means by which His Will is recognized? (L# 168)
- W-159 What now remains that Heaven be delayed an instant longer? What is still undone when your forgiveness rests on everything? (L# 168)

Questions from the Workbook

- W-160 [They speak of future and past.] Yet what meaning can the words convey to those who count the hours, and rise and work and go to sleep by them? (L# 169)
- W-161 What is the face of Christ but his who went a moment into timelessness, and brought a reflection of the unity back to bless the world? (L# 169)
- W-162 How could you attain to it forever, while a part of you remains outside, unknowing, unawaken, and in need of you as witness to the truth? (L# 169)
- W-163 In the world, what could be more than what we ask this day of Him Who gives the grace we ask, as it was given Him? (L# 169)
- W-164 Will you restore to love what you sought to wrest from it and lay before this mindless piece of stone? Or will you make another idol to replace it? (L# 170)
- W-165 Where does the totally insane belief in gods of vengeance come from? ... What becomes more fearful than the Heart of Love Itself? (L# 170)
- W-166 What lives but must not be one with you? (Intro. to Fifth Wkbk. Rev.)
- W-167 You have been dismayed by ... restricting thought... How could this matter? (L# 181)
- W-168 Who, in simple honesty, without defensiveness and self-deception, would deny he understands the words we speak? (L# 182)
- W-169 What are these names ... of bodies kept apart and holding bits of mind as separate awarenesses? (L# 184)
- W-170 What bargain can give the peace of God? (L# 185)
- W-171 What do you ask for in your heart? (L# 185)
- W-172 [Look around.] Is this what you would have, in place of Heaven and the peace of God? (L# 185)

W-173 Help has been given you. (L# 185)

- a. Would you not avail yourself of it by sharing it?
- b. Who can remain unsatisfied who asks for what he has already?
- c. Who could be unanswered who requests an answer which is his to give?
- d. How can you fail, when you but ask for what He wills for you?
- e. How could your request be limited to you alone?
- f. Can we fail today as we request the peace of God be given us?

W-174 [Be as you are] What could humility request but this? And what could arrogance deny but this? (L# 186)

W-175 [Arrogance is] a little pile of dust. What can it tell the holy Son of God? Why need he be concerned with it at all? (L# 186)

W-176 Emotions ... dash us to the ground in hopelessness. Is this the Son of God? Could He create such instability and call it Son? (L# 186)

W-177 Images you make [are] impermanent and vague, uncertain and ambiguous. (L# 186)

- a. Who could be constant in his efforts, or direct his energies and ... drive toward goals like these? ...
- b. What hope of gain can rest on goals like this?

W-178 Who it is that asks, and who would make denial? Which is more likely to be right? ... (L# 186)

W-179 Giving increases what you possess. How is this possible? (L# 187)

W-180 Who can fear to look upon lovely holiness? (L# 187)

Questions from the Workbook

- W-181 Why wait for Heaven? ... (L# 188)
- Why wait to find it in the future, or believe it has been lost already, or was never there? ...
 - Who can deny the presence of what he beholds in him [self].
- W-182 See the world anew...
- Who could feel fear in such a world as this? ...
 - What would you see? (L# 189)
- W-183 Is it not He Who knows the way to you? (L# 189)
- W-184 Pain proclaims God cruel. (L# 190)
- How could it be real in any form?
 - Can such projections be attested to?
 - Can they be anything but wholly false?
- W-185 Who but a madman could conceive of [sins] as cause of anything? (L# 190)
- W-186 Would you ... keep [part of your mind] as a ... sickly place where living things come to die? (L# 190)
- W-187 [If] world is jailer: (L# 191)
- What could it be but vicious and afraid ... lacking all reason, insane with hate?
 - What have you done that this should be your world?
 - What did you do that this is what you see?
- W-188 What is it except a game you play in which Identity can be denied? (L# 191)
- W-189 Who could see the world as dark and sinful, when God's Son has come ... to set it free? (L# 191)

W-190 See the suffering. Is not your heart willing to bring your weary brothers rest? (L# 191)

W-191 What can [my completion function] mean within a world of envy, hatred and attack? (L# 192)

W-192 Who can understand a language far beyond his simple grasp? ... Who would pardon Heaven? (L# 192)

W-193 If anger [is] impossible, where is terror? (L# 192)

W-194 What fears could assail those who have lost the source of attack, anguish and the seat of fear? (L# 192)

W-195 [When] pain is lifted from a sick and tortured mind: (L# 192)

- a. Is this unwelcome?
- b. Is it to be feared?
- c. Or is it to be hoped for, met with thanks and joyously accepted?

W-196 Who can be born again ... but who has forgiven everyone he sees or thinks of or imagines? (L# 192)

W-197 Who [is] free while he imprisons anyone? (L# 192)

W-198 Forgive and you will see differently. (L# 193)

- a. Shall we not say these words when tempted to believe pain real, and death our choice?
- b. Shall we not say these words when we have understood their power to release from bondage? ...
- a. How do you tell when you see wrong, or someone else is failing to perceive the lesson he should learn?
- b. Does pain seem real in the perception?

W-199 Would you renounce your own salvation? Would you fail to learn the lessons... that pain may disappear and God may be remembered by His Son? (L# 193)

Questions from the Workbook

W-200 What worry can beset the one who gives his future to the loving Hands of God? (L# 194)

- a. What can [one] suffer?
- b. What can cause pain, or bring experience of loss?
- c. What can [one] fear?
- d. What can [one] regard except with love? ...
- e. Think you the world could [not] gain, and every creature respond with healed perception?

W-201 For who has cause for thanks while others have less cause? Who could suffer less because he sees another suffer more? (L# 195)

W-202 Who can bargain in the name of love? (L# 195)

W-203 Lay comparisons aside. What more remains as obstacles to peace? (L# 195)

W-204 Gratitude ... substitutes for insane perceptions... Can there be more than this? (L# 195)

W-205 [Consider] the belief the fear of God is real. What is that but hell? Who could believe his Father is enemy, separate ... without fear of hell on his heart? (L# 196)

W-206 It is madness [if you think] you can attack and be free. Until you see this must be entirely impossible, how could there be escape? (L# 196)

W-207 Gratitude is ... released from hell forever. (L# 197)

- a. Is it this you would undo by taking back your gifts, because they were not honored? ...
- b. Would you take them back, when He has gratefully accepted them?

W-208 How could there be another way, when [forgiveness] is the plan of God Himself? (L# 198)

- a. Why would you oppose it ... seek to find a thousand ways it is wrong; a thousand other possibilities?
- b. Is it not wiser to be glad you hold the answer to your problems in your hand?
- c. Is it not more intelligent to thank the One Who gives salvation, and accept His gift with gratitude?
- d. Is it not kindness to yourself to hear His Voice and learn the simple lessons, instead of trying to dismiss His words, and substitute your own?

W-209 What but truth [has] a Thought that builds a bridge to It that brings illusions to the other side? (L# 198)

W-210 Who could give him gifts when everything is his? Who could dream of offering forgiveness to the Son of Sinlessness Itself, so like to Him Whose Son he is, that to behold the Son is to perceive no more, and only know the Father? (L# 198)

W-211 Who can be afraid who lives in Innocence and only loves? (L# 199)

W-212 Would you be exempt from the acceptance of the gifts you give? (L# 199)

W-213 In immortality you live forever. Would you not return your mind to this? (L# 199)

W-214 What can be more foolish than to seek ... and seek again for hell, when you have but to look ... to find that Heaven lies before you, thru a door that opens easily to welcome you? (L# 200)

Questions from the Workbook

W-215 What does forgiveness do? (L# 200)

W-216 Is not the escape of God's beloved Son from evil dreams that he imagines, yet believes are true, a worthy purpose? Who could hope for more, while there appears to be a choice to make between success and failure; love and fear? (L# 200)

W-217 [You] cannot make a world opposite to God's Will.

- a. What could [you] hope to find in such a world?
- b. Is it here that [you] would seek for peace?
- c. Or must [you] see that, as [you] look on it, the world can but deceive? (L# 200)

W-218 Why would I choose to stay an instant more where I do not belong, when God Himself has given me His Voice to call me home? (L# 202)

W-219 Who should give thanks for my salvation but myself? And how but thru salvation can I find the Self to Whom my thanks are due? (L# 217)

END OF QUESTIONS FROM PART ONE OF THE WORKBOOK

Part Two of the Workbook for Students

The title to the introduction of each section of Part Two is presented as a question; these are then answered in detail by the *Workbook*. In addition, other questions are presented in the body of the Introductions and Lessons.

Introduction

W-219 Has not His faithfulness earned Him the invitation that He seeks to make us happy?

§A - What Is Forgiveness?

W-220 What is sin, except a false idea about God's Son?

W-221 What can come between a fixed projection and the aim that it has chosen as its wanted goal?

W-222 What need have I to linger in a place of vain desires and of shattered dreams, when Heaven can so easily be mine? (L# 226)

W-223 Shall I deny His knowledge, and believe in what His knowledge makes impossible? (L# 226)

- a. Shall I accept as true what He proclaims as false?
- b. Or shall I take His Word for what I am, since He is my Creator, and the One Who knows the true condition of His Son?

W-224 I ask but to be what I am; can this be denied me, when it is forever true? (L# 230)

§B - What Is Salvation?

W-225 What can I seek, Father, but Your Love? (L# 231)

Questions from the Workbook

W-226 What else could I desire but the truth about myself?
(L# 231)

W-227 Can we see in those with whom He shares His glory any trace of sin and guilt? Can it be that we are not among them, when He loves His Son forever and with perfect constancy, knowing he is as He created him? (L# 239)

W-228 Would you allow your Son to suffer? (L# 240)

§C - **What Is the World?**

W-229 What is fear except love's absence? (Intro.)

W-230 How can he fear or doubt or fail to know he cannot suffer, be endangered, or experience unhappiness, when he belongs to you, beloved and loving, in the safety of Your Fatherly embrace? (L# 244)

W-231 What can come to threaten God, or make afraid what will forever be a part of Him? (L# 244)

W-232 Attack is gone, and madness has an end. (L# 249)

- a. What suffering is now conceivable?
- b. What loss can be sustained?

§D - **What Is Sin?**

W-233 Sin gave the body eyes, for what is there the sinless would behold? (Intro.)

- a. What need have they of sights or sounds or touch?
- b. What would they hear or reach to grasp?
- c. What would they sense at all?

W-234 How long, O Son of God, will you maintain the game of sin? (Intro.)

- a. Shall we not put away sharp-edged children's toys?
- b. How soon will you be ready to come home? Perhaps today?
- c. Would you still hold return to Heaven back?
- d. How long, O holy Son of God, how long?

W-235 If sin had not been cherished ... what need would there have been to find the way to where you are? (L# 256)

- a. Who would still be uncertain?
- b. Who could be unsure of who he is?
- c. Who would be asleep, in clouds of doubt about the holiness of him whom God created sinless?

W-236 Shall we continue to allow God's grace to shine in unawareness, while the toys and trinkets of the world are sought instead? (L# 258)

W-237 What could we want but to remember You? What could we seek but our Identity? (L# 258)

W-238 What could blind us to the obvious, and make the strange and the distorted seem clearer? (L# 259)

- a. What else but sin engenders our attacks?
- b. What else but sin could be the source of guilt, demanding punishment and suffering?
- c. What but sin could be the source of fear, obscuring God's creation; giving love the attributes of fear and of attack?

§E - What Is the Body?

W-239 [You] regard self as safety. How else could [you] be certain [you] remain in body, keeping love outside? (Intro.)

W-240 If [Your] oneness still remained untouched, who could attack and who could be attacked? (Intro.)

a. Who could be victor? Who could be his prey?

b. Who could be victim? Who the murderer?

c. If he did not die, what "proof" is there that God's eternal Son can be destroyed?

W-241 Why should I perceive a thousand forms in what remains as one? Why should I give this one a thousand names, when only one suffices? (L# 262)

W-242 Would I look upon what You created as if it could be made sinful? (L# 263)

W-243 Must we not join in what will save the world, along with us? (L# 264)

W-244 How can we lose the way to Him, when He has filled the world with those who point to Him, and given us the sight to look on them? (L# 266)

W-245 What can frighten me, when I let all things be exactly as they are? (L# 268)

§F - What Is the Christ?

W-246 When forgiveness rests upon the world and peace has come to every Son of God, what could there be to keep things separate, for what remains to see except Christ's face? (Intro.)

W-247 How long will this holy face be seen, when it is but the symbol that the time for learning is over, and the goal of Atonement has been reached at last? (Intro.)

W-248 How can illusions satisfy God's Son? (L# 272)

- a. Can dreams content me?
- b. Can illusions bring me happiness?
- c. What but Your memory satisfies Your Son?

W-249 What need have I to fear that anything can rob me of what You would have me keep? (L# 273)

W-250 What is the Word of God? (L# 276)

W-251 Should I wait in chains, severed for release, when God is offering me freedom now? (L# 279)

W-252 Would You withhold gifts You gave to me? (L# 279)

W-253 What limits can I lay upon God's Son ... whose Father willed be limitless, and like Himself in freedom and in love? (L# 280)

§G - What Is Holy Spirit?

W-254 Would you refuse to take the function of completing God, when all He wills is that you be complete? (Intro.)

W-255 Can the truth be changed by merely giving it another name? (L# 282)

W-256 Is not what is beloved of you secure? (L# 283)

- a. Is not the light of Heaven infinite?
- b. Is not Your Son my true Identity, when You created everything that is?

W-257 What would be the use of pain to me, what purpose would my suffering fulfill, and how would grief and loss avail me if insanity departs from me today, and I accept my holiness instead? What can alter Holiness Itself? (L# 285)

Questions from the Workbook

- W-258 Where would I go but Heaven? (L# 287)
- a. What could be a substitute for happiness?
 - b. What gift could I prefer before the peace of God?
 - c. What treasure would I seek and find and keep that can compare with my Identity?
 - d. Would I rather live with fear than love?
 - e. What but You could I desire to have?
 - f. What way but that which leads to You could I desire to walk?
 - g. What except the memory of You could signify ... the end of dreams and futile substitutions for the truth?
 - h. What way but this could I expect to recognize my Self, and be at one with my Identity?
- W-259 How can I perceive the world forgiveness offers? (L# 289)
- W-260 Shall I demand that You wait longer for Your Son to find the loveliness You planned to be the end of all his dreams and all his pain? (L# 289)

§H - **What Is the Real World?**

- W-261 What need has a [forgiven] mind for thoughts of death, attack and murder? (Intro.)
- a. What can it perceive ... but safety, love and joy?
 - b. What is there it would choose to be condemned, and what is there that it would judge against?
- W-262 Can the world seem bright and clear and safe and welcoming, with all my past mistakes oppressing it, and showing me distorted forms of fear? (L# 293)

W-263 I am a Son of God. (L# 294)

- a. Can I be another thing as well?
- b. Did God create the mortal and corruptible?
- c. What use has God's beloved Son for what must die?

§J - What Is the Second Coming?

W-264 What but Christ's vision would I use today, when it can offer me a day in which I see a world so like to Heaven that an ancient memory returns to me? (L# 306)

§K - What is the Last Judgment?

W-265 Who can grieve or suffer when the present has been freed, extending its security and peace into a quiet future filled with joy? (L# 314)

W-266 What could conflict, when all the parts have but one purpose and one aim? How could there be a single part that stands alone, or one of more or less importance than the rest? (L# 318)

W-267 What aim but the salvation of the world could You have given me? What but this could be the Will my Self has shared with You? (L# 319)

§L - What Is Creation?

W-268 What loss can I anticipate except the loss of fear, and the return of love into my mind? (L# 322)

W-269 Why should we attack our minds, and give them images of pain? Why should we teach them they are powerless, when God holds out His power and Love, and bids them take what is already theirs? (L# 330)

§M - What Is the Ego?

W-270 The Son of God is egoless. (Intro.)

- a. What can he know of madness and the death of God, when he abides in Him?
- b. What can he know of sorrow and of suffering, when he lives in eternal joy?
- c. What can he know of fear, punishment, sin, guilt, hatred and attack, when all surrounding him is everlasting peace, forever undisturbed, in deepest silence and tranquility?

W-271 Could [God] make a plan for damnation, and be left without a certain way to release? How could I think that Love has left Itself? (L# 331)

W-272 What can be [my] solace but what You are offering to [my] bewildered mind and frightened heart, to give [me] certainty and bring [me] peace? (L# 334)

W-273 What could restore Your memory to me, except to see my brother's sinlessness? (L# 335)

W-274 Only happiness is given me. What must I do to know this is mine? (L# 337)

W-275 [I] can be confused about the things [I] want; the state [I] would attain. What can [I] then request that [I] would want when [I] receive it? (L# 339)

§N - What Is a Miracle

W-276 Who can share a dream? What can an illusion offer me? (L# 344)

W-277 What need have I for anger or for fear? (L# 348)

- a. Can I be afraid, when Your eternal promise goes with me?
- b. What can I fear, when You created me in holiness as perfect as Your Own?

§P - **What Am I?**

W-278 Who is my brother but Your holy Son? (L# 351)

W-279 who is Christ except Your Son as You created Him?
What am I except the Christ in me? (L# 354)

W-280 I accept God's Word. Why not today? Why should I wait for the joy You promised me? (L# 355)

Final Lessons Introduction

W-281 [Consider] the Heaven of His peace. Shall we not forgive our brother, who can offer this to us?

W-282 Is a father angry at his son because he failed to understand the truth? Would He hurt His Son? Or would He rush to answer him, and say, "This is My Son, and all I have is his"?

END OF QUESTIONS FROM WORKBOOK

Questions from the Manual for Teachers

Comments

Some of these entries were slightly abridged or edited for readability. Again, you should be familiar with the section in which the question appears prior to your contemplation on the questions.

The titles of the sections of the Manual for Teachers are presented as questions. Although some of these ideas are primarily of utility to mentors, they can also be valuable for general contemplation.

Manual Introduction

- M-1 The self you think is real is what you teach. ... How could it be otherwise?
- M-2 Everyone ... teaches solely to convince himself that he is what he is not... What else, then, would its curriculum be?
- M-3 The self-deceiving must deceive, for they must teach deception. And what else is hell?
- M-4 This is a manual for the teachers of God.
 - (1) Who are they?
 - (2) How are they chosen?
 - (3) What do they do?
 - (4) How can they work out their own salvation and the salvation of the world?

Manual §1 - **Who Are God's Teachers?**

M-5 What can change the Will of God?

M-6 What could delay the power of eternity?

Manual §2 - **Who Are Their Pupils?**

Manual §3 - **What Are The Levels of Teaching?**

Manual §4 - **What Are The Characteristics of God's Teachers?**

M-7 Who would attempt to fly with the tiny wings of a sparrow when the mighty power of an eagle has been given him?

M-8 Who would place his faith in the shabby offerings of the ego when the gifts of God are laid before him?

M-9 What is it that induces them to make the shift?

M-10 How can lack of value be perceived unless the perceiver is in a position where he must see things in a different light?

M-11 Who would "go" anywhere, if peace of mind is already complete? And who would seek to change tranquility for something more desirable? What could be more desirable than this?

M-12 How could they not succeed? They choose in perfect honesty, sure of their choice as of themselves.

M-13 Judgment implies that you have been deceived in your brothers. How, then, could you not have been deceived in yourself?

M-14 Without judgment all things are equally acceptable, for who could judge otherwise?

Questions from the Manual for Teachers

- M-15 Without judgment all men are brothers, for who is there who stands apart?
- M-16 To those to whom harm has no meaning, it is merely natural. What choice but this has meaning to the sane?
- M-17 Who chooses hell when he perceives a way to Heaven?
- M-18 Who would choose the weakness that must come from harm in place of the unfailing, all-encompassing and limitless strength of gentleness?
- M-19 Gentleness means that fear is now impossible, and what could come to interfere with joy?
- M-20 They cannot suffer. Why would they not be joyous?
- M-21 Does what God created need defense?
- M-22 The teacher of God does not want anything he cannot give away... What would he want it for?
- M-23 He does not want to suffer. Why should he ensure himself pain?
- M-24 Do [you] still select some aspects of [your] life to bring to [your] learning, while keeping others apart?

Manual §5 - **How Is Healing Accomplished?**

- M-25 How do the open-minded forgive?
- M-26 Who would choose suffering unless he thought it brought ... something of value?
- M-27 Sickness is a method conceived in madness ... What, in this insane conviction, does healing stand for?
- M-28 If he decides against recovery ... who is the physician?
- M-29 There is no form of sickness that would not be cured at once. What is the single requisite for this shift? ... What does this recognition cost?

- M-30 With this idea pain is forever gone... Does not this follow of necessity?
- M-31 What do guilt and sickness, pain, disaster and all suffering mean?
- M-32 If the patient must change his mind in order to be healed, what does the teacher of God do? Can he change the patient's mind for him?
- M-33 Behold ... what life can offer you. Would you choose sickness in place of this?

Manual §6 - **Is Healing Certain?**

- M-34 What if the patient uses sickness as a way of life, believing healing is the way to death?
- M-35 What is time before the gifts of God?
- M-36 Who gives a gift and then remains with it...?
- M-37 Healing is the change of mind ... How can it be lost? How can it be ineffectual? How can it be wasted? ... What concern can a teacher of God have about what becomes of his gifts? ... Who in this holy exchange can receive less than everything?

Manual §7 - **Should Healing Be Repeated?**

Manual §8 - **How Can Perception of Order of Difficulties Be Avoided?**

- M-38 If a patient is healed, what remains to heal them from? ... Healing is certain, what is there to repeat?
- M-39 Illusions are always illusions of differences. How could it be otherwise?
- M-40 The mind is separate, different from other minds ... Where do all these differences come from?

Questions from the Manual for Teachers

- M-41 The mind classifies ... according to preconceived values... What basis could be faultier than this?
- M-42 Can confused and senseless reasoning be depended on for anything?
- M-43 Is it harder to dispel the belief of the insane in a larger hallucination as opposed to a smaller one?
- M-44 Will [you] agree more quickly to the unreality of a louder voice than to that of a softer one?
- M-45 Does the number of pitchforks the devil carries affect their credibility?

Manual §9 - **Are Changes Required In The Life of God's Teachers?**

Manual §10 - **How Is Judgment Relinquished?**

- M-46 One [must] be certain ... his judgement is fair... Who is in a position to do this? Who except in grandiose fantasies world claim this for himself?
- M-47 Remember ... times you thought you knew all the facts ... and how wrong you were. Is there anyone who has not had this experience? Would you know how many times you merely thought you were right, without ever realizing you were wrong? Why would you choose such an arbitrary bases for decision making?
- M-48 Step [toward] peace. Can it be difficult to want but this?
- M-49 God ... loves the world; you ... say it is unlovable. Who is right?

Manual §11 - **How Is Peace Possible in this World?**

M-50 What else but a Thought of God turns hell to Heaven merely by being what it is?

M-51 Is it not impossible that peace be absent here?

Manual §12 - **How Many Teachers of God Are Needed To Save the World?**

M-52 Joined in one purpose, shared with God, how could one be separate from others? What does it matter that they appear in many forms?

M-53 Why is the illusion of many necessary?

M-54 Who would put faith in dreams once they are recognized for what they are?

Manual §13 - **What Is The Real Meaning of Sacrifice?**

M-55 To give up the things of this world [is not] sacrifice. What could this be but an illusion, since this world itself is nothing more than that?

M-56 What can the sacrifice of nothing mean?

M-57 Power, fame, money ... pleasure; who is the hero to whom all these things belong? Could they mean anything except to a body? (Man. §13)

M-58 Who can escape self-condemnation?

M-59 Is it a sacrifice to give up pain? Does an adult resent the giving up of children's toys? Does one whose vision has already glimpsed the face of Christ look back with longing on a slaughter house?

M-60 Who in his sane mind chooses nothing as a substitute for everything?

M-61 What ... is it that you want? You have been called... Would you now sacrifice that Call?

- M-62 What would you teach? ... What other way is there to save His Son?

Manual §14 - **How Will the World End?**

- M-63 Can what has no beginning really end?
- M-64 Illusions ... no longer seen ... are gone. How but in this way are all illusions ended?
- M-65 One sin perfectly forgiven ... can make salvation complete. Can you understand this?
- M-66 The end of the world cannot be grasped ... What is the function of the teacher of God in this lesson?
- M-67 When peace has come, what is the purpose of the world? ... Where there is laughter, who can longer weep.

Manual §15 - **Is Each One To Be Judged in The End?**

- M-68 Who could flee forever from the truth?
- M-69 Holy are you, eternal, free and whole. Where is the world; where is sorrow now? Is this your judgement on yourself? Do you believe that this is true?
- M-70 What is your judgement of the world? Have you yet learned to stand aside and hear the Voice? Do you still attempt to take His role from him?
- M-71 God's judgement sets you free. What can the world hold out to you, regardless of your judgements on its gifts, which you would rather have?

Manual §16 - **How Should The Teacher of God Spend His Day?**

- M-72 [Some are] set, and see the road... But what about those who have not reached [their] certainty? ... What must they do to learn to give the day to God?
- M-73 Time devoted to starting the day right saves time. How much time should be so spent?
- M-74 Temptation [makes] need of reminding ... How can [one] do this ... when [the] mind is occupied with external things?
- M-75 Give up [what] was never had ... and Heaven is restored to awareness. Is no this an exchange that you would want?

Manual §17 - **How Do God's Teachers Deal with Magic Thoughts?**

- M-76 How many times has it been emphasized that you give but to yourself? Where could this be better shown than in ... help ... to those who need aid?
- M-77 [He] who usurps the place of God ... stands alone in protection. How can this unfair battle be resolved? ... How can one believe in one's defenses?
- M-78 What will be your reaction to magic thoughts?
- M-79 Madness ... to see it ... is to look on nothing. Can nothing give rise to anger?

Manual §18 - **How Is Correction Made?**

- M-80 Sins have been forgiven him, and he no longer condemns himself. How can he then condemn anyone? Who is there whom his forgiveness can fail to heal?

Manual §19 - **What Is Justice?**

Manual §20 - **What Is the Peace Of God?**

- M-81 There is a peace not of this world. How is it recognized? How is it found? Being found, how can it be retained?
- M-82 Given forgiveness there must be peace. What except attack will lead to war? What but peace is opposite to war?
- M-83 Is conflict what you want, or is God's peace the better choice? Which gives you more? ... Would you not rather live than choose to die?
- M-84 Why would you seek to keep your tiny frail imaginings apart from Him?

Manual §21 - **What Is the Role of Words in Healing?**

- M-85 Is the teacher ... to avoid the use of words?

Manual §22 - **How Are Healing and Atonement Related?**

- M-86 [With] atonement, what remains to make sickness possible? What is there He cannot heal? What miracle can be withheld from Him?
- M-87 He has decided on the direction he wants to take. What more was asked of him? ... Would God withhold the rest?

- M-88 [If] salvation is impossible ... what is left to heal? ... How could the mind be returned to ... spirit unless the body is killed? Who would want salvation at such a price?
- M-89 A sick person perceives himself as separate... Would you see him as separate from you?
- M-90 Who can limit the power of God? Who can say which one can be healed of what and what must remain beyond God's power?

Manual §23 - **Does Jesus Have a Special Place In Healing?**

- M-91 Even ... advanced teachers give way to temptation. Would it be fair if their pupils were denied healing because of this?
- M-92 The Bible says "Ask in the name of Jesus Christ." Is this merely an appeal to magic? What does it mean to call on? What does calling on confer? Why is the appeal to him part of healing?
- M-93 His name becomes the Name of God... What does this mean for you? ... Is he still available for help? What did he say about this?
- M-94 Can God fail His Son? Can one who is one with God be unlike Him? ... Would the greatest teacher be unavailable to those who follow him?
- M-95 Would you not learn the lesson of salvation thru learning? Why would you choose to start again?
- M-96 Are other teachers possible, to lead the way ... in different tongues and ... different symbols? Would God leave anyone without a very present help?

Manual §24 - **Is Reincarnation So?**

- M-97 [Regarding] reincarnation: Our only question should be "Is the concept helpful?"... Is any other question about it really useful in lighting up the way?
- M-98 If ... any concept ... will be helpful, he will be told about it and how to use it. What more need he know?
- M-99 Should the teacher ... not believe in reincarnation ... or not discuss it?

Manual §25 - **Are "Psychic" Powers Desirable?**

Manual §26 - **Can God Be Reached Directly?**

- M-100 Awareness ... can arise ... only where all barriers to truth have been removed. In how many is this the case?
- M-101 God takes you where you are... What more could you desire, when this is all you need?

Manual §27 - **What Is Death?**

- M-102 Is it not madness to think of life as being born, aging, losing vitality, and dying in the end?
- M-103 What can be born of death and still have life? What is born of God and still can die? ... Do you not see that otherwise He has an opposite and fear would be as real as love?
- M-104 What is the end of death?

Manual §28 - **What Is The Resurrection?**

- M-105 Thoughts turn to Heaven... What remains unanswered or incomplete?
- M-106 Love looks on Itself. What further sight is needed? What remains that vision could accomplish?

Manual §29 - **As for the Rest . . .**

- M-107 [Different parts of the Course are better starting points for different people.] Which is for which? Who would profit more from prayers alone? Who needs but a smile, being as yet unready for more?
- M-108 No one should answer these questions alone... Would you want to be responsible for decisions about which you understand so little? ...You have a Teacher whose answers are always right. Would you say that of your [answers]?
- M-109 Ask Holy Spirit ... Does this mean that you cannot say anything without consulting Him?
- M-110 Holy Spirit ... responds to the heart. Does this mean ... He will respond with evil?

END OF QUESTIONS FROM MANUAL FOR TEACHERS

The Ancient Basis of the *Course*

We are embarking on an organized, well-structured and carefully planned program aimed at learning.

(Text Chapter 12 §2)

Why We Should Review the Basis

The program called "A Course In Miracles "presents a potentially powerful transformation program and it should not be accepted or rejected without careful and *informed* review.

There are several ways to describe the *Course*. It can be viewed as a literal cosmology or a metaphysical philosophy, but these approaches can be lacking in practicality. It seems to be the intent of the *Course* that the ideas be *practiced*.

In an application paradigm, the Course teaches a thought system based on *deep* ethics, presenting an approach of non-confrontation. It is difficult to comprehend logical opposition to such a concept.

Quite a number of various perceptions have been written concerning the *Course*. The majority of the views are based on a rather superficial knowledge of the content. The reactions range from simple profound disbelief to detailed outbursts of dogmatic tyranny.

Shallow commentary is a serious distraction and is thus most unfortunate. Not a single detractor seems to have noticed the deep ethics aspects of the *Course*. No criticism has been based on a detailed knowledge of the psychology of the *Course*. Not a single condemnation from theological quarters has understood the suffering perpetuated by the illusion of original sin.

They say, and at first glance the Course may appear, to be all sorts of things. It *could* be the out-pouring of a New Age cult. A look by a psychologist *may* result in the conclusion that the miracle is the result of systematic brainwashing. The alternative story of the crucifixion raises a call that the *Course* is hell-bent on disfiguring Christianity. The *Course may* seem to create a mindset where everything is A-O-K and one can be oblivious to all the world's dangers. Some view it as Hindu, even though its basis is clearly in Platonism. They say all this and more.

They say these things partially because they have no knowledge of the history, content or goals of the Special Teachings. The detractors refuse to consider the fact that they are somewhat

sleep-walking. They decline to practice the simple exercises that the Course provides so they can comprehend sleep for themselves.

They decline to believe the extent that their *thought makes* their reality. This is even in spite of the fact that modern psychology is now insisting that this ancient observation is scientific fact. With little consideration, they reject the idea that simply not thinking about the past and not thinking attack thoughts and not thinking about the future can change everything.

They simply refuse to consider how this radically alters the way one *sees* everything. It is as if they sleep and do not want to know. As strange as it may sound, neither do they really desire to know the source of their suffering, let alone end it. After all, as the *Course* makes clear, suffering is proof that you are alive. So we bless them, for they know not what they think.

Few people are familiar with the latest neuro-psychological findings. Therefore they are not aware that the mystery can now be removed from mysticism. We can show what part of the brain is naughty, how it creates illusion and how to atrophy these networks.

This aspect of science is an extremely significant collection of information. This is because salvation, the end of suffering, can now be explained scientifically. Hopefully, this review of the background of the Special Teachings will open some brains to use their brains to find their minds.

Finally, even those who are familiar and sympathetic with these matters are generally not at all aware of the evolutionary aspects of the special teachings. Therefore they do not yet know that **to learn how to see is to *accelerate* evolution.**

The *Course* goes to work on that.

But you still must do the work.

A Brief History of the Way & Work

The purpose of the Special Teachings
is to end suffering.

As commentary on the *Course* states, this curriculum is based in Platonism, specifically Plato's *Analogy of the Cave*. This is based on the obvious awareness unblocking language used by the *Course*. Platonism is found in many variants. All forms of practical Platonism, like Buddhism, are strictly concerned with working toward the awakened state.

Details of the Cave analogy are readily available on the Internet, including translations of the original text, a Wikipedia article and numerous YouTube videos. Be advised that much of the Platonism found on the Internet deals primarily with outdated cosmology and theoretical philosophy. This material has little practical value. The *Course* directly alludes to the Cave in only one passage of any length; other references are minor:

Prisoners bound with heavy chains for years, starved and emaciated, weak and exhausted, and with eyes so long cast down in darkness they remember not the light, do not leap up in joy the instant they are made free. (Text Ch. 20 § 3)

The Cave is the earliest known description of the *function* of the Veil of Isis. It is not the best analogy, but is a good start. The important point is that a Way to escape must have been known. Otherwise the Cave would merely be an odd dream or a silly story.

A more modern analogy could be with a movie theater with no back wall. The screen (Veil) is blocking your view of reality, which lies outside and beyond. This screen captures and reflects what you think, and so you see what you think; this confuses perception of the real beyond. The screen is actually in the brain, but you cannot tell it is there. Other models are mentioned in the literature. These include the Cage-You-Build-For-Yourself and the Stranger-Who-Seizes-Brain, both of which are also implied in the *Course*. Although these metaphors are not referenced directly, awareness of these concepts will make them

more obvious when encountered. Both of these paradigms are equivalent to the Veil and to ego itself.

The earliest glimmering of Western awakening knowledge seems to have originated in Egypt. From there, as reported by ancient historians, the teachings spread into the Levant. The central location of the resultant schools, along with ancient trade routes, allowed contact with lands as far away as Afghanistan, China and the British Isles. In southern Asia, Buddhists developed similar ideas. Although their programs were different, cross cultural contact between Platonists and Buddhists fertilized both traditions.

Although political considerations caused the established churches to suppress these ideas, the teachings survived in quiet corners scattered about Europe and Central Asia. Then, often enhanced by new findings, the ideas of awakening re-bloomed and reached out like a web, being re-introduced in such diverse places as South America and Australia. By the twentieth century, the gnosis had become available to all and anyone willing to seek. From West to East there have been many systems; polytheist, monotheist and nontheistist, you know the Isms. Within these have been many programs; the *Course* says a thousand. These programs include the Bogomil, Cathar, Dzogchen, Nazarene, Rinzai, Sufi and Vipassana, to name a few.

There are currently numerous groups working worldwide. These Schools have one thing in common: regardless of the language, the goal is always to end suffering by teaching us how to See.

The Mythological Basis

The purpose of the Special Teachings
is to create a new World.

The mythological aspects of the *Course* are covered in the *Text*. The following may prevent some misconceptions in those new to this kind of program.

The *Course* is non-dualist. There is no separation between subject and object in godhead. Subject and object are One. There is no God but the One. You Are God:

You have made your world!
Why does it not conform to your thinking?
Why does all you made seem to sin against you?
No matter! It is always time for judgement!
Condemnation! Retribution!!
Vengeance!!!

Congratulations, you have created this world!
For you are God, and your world is vengeance.

And this is why you suffer.

You suffer by different words in different systems, but it is always, without exception, because you made your world.

The *Course* teaches one to see Earth *devoid* of fear,
with *inability* to see sin or other illusion,
with *no basis* to apply judgement anywhere.

The *Course* is theistic; it posits the existence of a deity with a plan and a will. It is not at all necessary to believe this concept. The *Course* is beyond-belief in the sense that mere belief is not necessary. The proof is in the production. If you follow the Lessons *exactly*, the psychology of the *Course* will work its miracles anyhow. One could also state that the *Will* is to probe for awareness and the *Plan* is to seek perfection thru random mutation. Models are merely words pointing to shadows.

The *Course* is not Hebrew; it uses Christ symbolism. It is not conventional Christian; it denies the Paulist view of sin and

denies the historic crucifixion. It is not Islamic; it uses deity-as-father symbolism. The Course is not polytheist, as the Son and Holy Spirit are integral attributes of God. This is part and parcel with the non-dualist definition. Thus this is an almost unique niche in conception of deity. It intends to be as generic as possible, yet appeal to the sensibilities of those who were raised in a quasi-Christian culture. Most importantly, it insists that *sin is an illusion*. This absolutely includes Original Sin, as perhaps one of the most insidious illusions of all.

One aspect that may be difficult to comprehend is the Voice. This concept often appears in the special literature. This voice has gone by many names, including Hermes, Gabriel, and simply the Friend. The Voice is generically the delivery device for knowledge that people need now. Perhaps it is the Creative Principle at work.

One approach to non-dualism is the following contemplation:

Sometimes God says "I are You"
Sometimes God says "You am Me."

One way to consider mythology is that words are symbols, symbols are shadows and shadows are not the reality that casts them.

There are no shadows in the light.

The Philosophical Basis

The purpose of the Special Teachings
is to obtain Clear Vision.

Consciousness is a Fundamental, like matter and energy. It is not a principle, it simply IS. As, I AM. Consciousness does not conform to standard geometric limits. It is everywhere but in no specific place. It has no arms or legs, so cannot cure conflict or cancer, *except thru you*. It has no eyes or ears, so cannot see or hear, *except thru you*. In addition, Consciousness does not know you exist until you shut off the infernal internal dialogue and Listen.

Consciousness has corollaries. These are *not* attributes, as they are part and parcel. Furthermore, in the final analysis, they constitute *nothings*. Corollaries include Light (all corollaries), Peace, Strength and Gratitude. There are others; these are type examples. They are all defined as the *absence* of something.

- Peace: the *absence* of Conflict.
- Strength: the *absence* of Weakness.
- Gratitude: the *absence* of Contempt.

For example, the most minute thread or speck of contempt will obscure perception of gratitude. You can play-say grace or fanaticize about gratitude, but cannot Know it. Those approaches are simply shallow. Contempt is a suitable type example because it is the most subtle of blockages.

If any aspect of the awareness of consciousness is blocked in any way, we call this partial- or semi-awareness. Partial awareness simply does not represent full waking awareness. Thus we say that people are asleep. The degree of sleep exists across a wide spectrum. Basically, kind and calm people are somewhat more awake, while the mean and hurried people are closer to full sleep-walking. To remove all the blockages is to awaken, see the light, end suffering, find your-self, create a new world and craft the leap to the next phase of human evolution.

These events will all be absolutely simultaneous because these terms are all exact synonyms. Parallel to this:

- With conflict gone, there is absolutely nothing to *define* Peace by, so it becomes a nothing.
- With weakness gone, there is absolutely nothing to *define* Strength by, so it becomes a nothing.
- And so forth, with the other corollaries.

Therefore we say that these dualities cease to exist and it-is-as-if the corollaries are simply reabsorbed into consciousness. The only reason we discuss gratitude is that we need to dissolve contempt. After all, the blockages were illusions and therefore never actually existed in the first place.

The existence of consciousness does not require the awareness of illusion. It's just that . . . well . . . you need to think about it because although you walk upright, you are not yet fully human. Consciousness may know of blockages, but cannot know precisely what these blockages consist of.

Only you can discover that.

The Neuro-Psychological Basis

The purpose of the Special Teachings
is to rewire the brain.

Shamanism, mythology, religion and philosophy are manners of speaking that live in the past. Being in the twenty-first century, let us consider the process of the Light as scientists would consider it.

It is typical in the special teachings to use the word 'mind' for both mind and brain. This is an opportunity for the brain to allow misconceptions. It can be useful to consider the difference in a simple way.

Brain is in the skull.

You can hold one in your hand. As amazing as this collection of organs can be, it still has manufacturing defects; evolution is incomplete. Evolution can thus be seen as somewhat defective. We are past the prototype phase, so the Special Teachings are Engineering Change Orders.

Mind is consciousness.

There is only one of these. It is a fundamental. It is not tainted in any way, knowing neither dichotomy nor the trap of illusion. Mind is everywhere, with no geometry. It just IS as you ARE.

Ego, fear and all other illusions live in a hodge-podge of neural networks. This is not in mind, but rather in an archaically wired brain, and not ever anywhere else.

The legacy neural networks that comprise the veil have not yet been completely described. Fortunately, the function of two known components does cover the majority of the impediments that the veil causes.

1. **Inappropriate Memory Dumps:** There are direct neural connections from the memory centers to the optic

processing meta-network. The *Course* refers to the *effects* of this mechanism as "living in the past." The cause is the involuntary and unconscious injection of feelings and anticipation. These generally have nothing to do with the situation at hand. Be Here Now goes to work on that.

2. **Fear Mis-perception Organs:** Scientists have identified nine distinct modes of anger, each associated with a specific region of the brain. They are referred to as anger triggers because the result of activating these networks is an outburst of anger.

It is important to understand that the mechanism begins with these networks themselves. They actually function by *injecting misperception* of fear.

Be Patient goes to work on that.

Unless these impulses are dampened, the brain reacts automatically and often inappropriately. The *Course* places great emphasis on dissolving all thoughts associated with the organs of misperception. This atrophies these legacy networks, as discussed below.

Aspects of this arrangement have survival value. The illusion of peripheral vision is made by a refresh cycle of image storage and *memory* retrieval. We remember the difference between apples and oranges. We know what our companions look like. We watch for predators along the way. We fear and hate strangers and those who are different.

The problem is that survival value does not carry the utility it used to have. It is a statistical fact that modern democratic countries are among the safest places to live in all of history. This is quite true in spite of the illusions projected by the media. You mostly fear the actions of beings just like you. They are as thoroughly controlled by the illusion of fear as you are.

Compounding all this is the personal internal conflict that results from these illusions. We worry constantly, hoard possessions and neglect or exploit others. As if negative outside influences are not enough, the legacy neural networks also allow the injection of memory trivia. This irrelevant nonsense is then stewed in the brain to make neuroses such as depression and anxiety.

Consider an analogy that the brain is like a radio set that is capable of conscious communication. Neither the radio *station* (consciousness), nor physical reality (Earth) is *in* the radio *set*.

Among other functions, this radio-brain receives vast amounts of data. It then decides for itself exactly what interpretation it will present to you. It originally evolved to maintain life long enough to reproduce. It accidentally became a maintainer of suffering that extends well past the prime of life.

Over hundreds of thousands of years, this device has received some new circuits. It is as if vacuum tubes have been replaced by transistors. The current radio-brain functions much more efficiently than in the ancient past, but there are still issues. Rather than filtering out the nonsense (radio 'noise'), the remaining legacy circuits actually *make* noise. The radio-brain 'sees' this noise as data and presents it as real. In this analogy, your guilt, grudge, grief and fear are absolutely nothing more than electronic noise in your head.

Fortunately, the connections exist in a manner that can be rewired. The process is known as Hebbian Plasticity. We can desynchronize and atrophy the data links that create your illusions and prevent Vision. Organs of perception of fear can be repurposed. We can grow and densify organs of *useful* perception, such as those for specific empathy, general joy and universal connection.

These are not vague, touchy-feely New Age ideals, but rather actual potentials based on solid neurological science. There are

other advantageous results, and it happens in an identical way to a cerebral stroke patient *re-learning to walk*.

You are capable of *learning to see*.

It happens like this: Neuroplasticity is experience-dependent. Anything you hold in attention has the potential to rewire and repurpose your neurons. Certain practices, typically involving repetition, but particularity utilizing *intense* focus, naturally accelerate this process. This requires the use of energy. Attention is not free; you must *pay* attention. The old way of describing this process is that "energy flows where attention goes."

The *Workbook for Students* goes to work on that.

Evolutionary Aspects

The purpose of the Special Teachings
is to accelerate evolution.

Consciousness includes your consciousness. It can probe for awareness, and makes a *leap* in evolution when the dissolution of a fear is attained. To see the Light is to make a leap to the next phase of people evolution.

Chimpanzees are people-like, but they are not in any way human. Chimps are stuck with fear. Earth is covered with people-like animals of the *H. sapiens* species and few of these are *totally* human, the rest are relative. In a manner of speaking, the immediate personal mandate is to become less animal and therefore more human.

To become fully human is fully equivalent to fully achieving the objectives of the *Course*. To extinguish ego is equivalent to discarding animal nature. In a totally literal way, the purpose of the *Course* is to make this leap to the next phase.

Wild chimpanzees will toy with fire, but will never be seen carrying fire to *make* fire. Pre-humans first taste of cooked food was fire kill. The *idea* of the *deliberate* use of fire will simply *never* occur to either animal.

Many tens of thousands of years ago an advanced upright walking simian had an idea. After watching lightning fires for many years, he developed the feeling that he *knew* the fire. One day, he picked up a lightning ignited stick, carried it to a camp site, and *made* a fire. Thus First Fear was *questioned*, First Man walked and God first achieved proto-human awareness.

People are the fear questioning animal and this is our *singular initial uniqueness*.

At one time man knew mostly hunger. If they had not just eaten, they were likely hungry. They witnessed death from starvation. They *could not have conceived* of never being hungry. Then one imagined the end to this nonstop fear. Then, and *only then*, could the development of agriculture become

conceivable. Mastering a fear enables technology, and not the other way around.

Of course, this is not the total story of human evolution. Fire and food each represent merely one phase change. These changes also happened in more than one place. Standard lethargic Darwinian DNA mutation operated continuously. Note though, that people evolution, the process of becoming more human, also occurs in distinct steps.

The beginning of each phase is marked by a sudden emergence of the ability to question a fear.

This is a simplified version of the sequence:

2. Shaman (fear of the unknown)
3. Village-Agriculture (fear of environment)
4. City State (fear of pillage)
5. The current Axis Age (fear of self)

The beginning of a phase does not eliminate a fear, but only provides a brain that is capable of questioning, then, with training, of dissolving the fear(s). This process constitutes an advance in human awareness; a decrease of animal-ness. So, as examples, they learned that houses tame wind and philosophy tames mind.

Likewise, once you imagine the Light, then, and only then, does it become possible to imagine the ability to See.

Each new phase constitutes a significant, **non**-Darwinian Leap. These leaps, and thus the beginning of each phase, are enabled by super-volcano eruptions and the human near extinction that follows. Every single phase change is marked by an eruption and near extinction. (The most recent event was the Thera/Noah Flood.)

Crudely put, the unadapted die off and the survivors represent a higher order of evolution. Within phases, evolution continues on its slow path. Those who see the Light will be more likely to survive the coming Yellowstone caldera event.

Other proto-people species have mastered fear of fire and death; only Homo sapiens people have managed to survive to master the self.

The only remaining fear that is **not** yet immediately dissolvable is Fear of Peace, as this one finality must be nearly ubiquitous to be effective. If peace as a fear seems strange, consider that to have peace, all weapons will be destroyed. Then they will say "How are we to defend ourselves?"

The world of vengeance rules them yet.

For this to end, **You** must **Be** Peace.

Let There Be Light !!!

